



Davam Coolsculpting PostCare



POST CARE INSTRUCTIONS

What to expect after the Coolsculpting procedure:

- Typically, there is minimal discomfort and recovery time after the Coolsculpting procedure. Most patients are able to return to their daily routine immediately after the procedure
- The treated area may be red for up to a few hours after the applicator is removed. Bruising, swelling, tenderness and a temporary dulling of sensation around the treatment area is normal and typically resolves within a week or two. If you do experience the strong neuralgia pain sensations, please apply a cold pack to the treated area which will help calm the sensations.
- Sub mental (below chin) fullness- After a sub mental area treatment you may have feeling of fullness in the back of the throat may occur.
- Many patients have minimal discomfort following the procedure, however you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, nausea, bloating, diarrhea, muscle spasms, aching and/ soreness. Consult your Coolsculpting Specialist if these conditions persist beyond two weeks or worsen over time.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three to six weeks after the Coolsculpting procedure and you will typically experience the most dramatic results after three to four months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure

Next Steps:

- Please massage the treated areas for 5-10 minutes each day, for 14 days after treatment.
- Drink Water! (50 oz. or more) Water flushes the body's lymphatic system and removes fat cells faster After Coolsculpting- as well as keeping you hydrated.
- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Compression garments can help reduce swelling, increase blood flow, relieve tenderness, and just feel good. Buy the garment in advance. Make sure the garment is comfortable and the fabric is soft. The waistband (or other parts of the garment) shouldn't cut into the treatment area.
- No NSAID's for 5 days post-treatment. Tylenol ONLY. Examples of NSAID's include Aspirin, Ibuprofen Advil, Motrin, Naproxen, Aleve, Diclofenac and Celebrex
- Warm Epsom salt baths can also help with swelling and achiness post treatment.
- Please set a reminder on your phone or calendar to schedule a follow-up assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction. Usually 12 – 16 weeks from last treatment.

Call us at (713) 487 3010 if your symptoms appear to worsen or last longer than two weeks.

