

# Preparation & Aftercare Information

## CoolSculpting<sup>®</sup>

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Making you, more you

This information has been provided to enhance your understanding of our procedures or treatments prior to an initial consultation with a specialist consultant plastic surgeon. Many clients find it useful to note down questions they have thought of whilst reading this treatment guide. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).

For out of hours emergencies and at weekends, please call 07753 211771.

### What to expect

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.

Many patients experience redness in the treated area for up to a few hours after the applicator is removed. In rare cases, it may persist for up to two weeks.

Many patients have minimal discomfort following the procedure; however, you may experience one or more of the following sensations: swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity. Consult your doctor 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 weeks after the CoolSculpting procedure, and you will experience the most dramatic results after one to three months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.

In rare cases, patients have reported darker skin color, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia or worsening of existing hernia following the CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia.

### The next steps

Weight gain will prevent you from appreciating your full results. Maintain a healthy diet and exercise routine after your procedure to continue appreciating your full results.

Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve your desired outcomes immediately.

Please do not hesitate to contact us if you have any questions, queries or concerns. For out of hours emergencies and at weekends please call 07753 211771.

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