

## Post-Treatment Tips

You have undergone your first set of treatments...Now what?!

1. Remember that most side effects are normal and temporary. These include tenderness, numbness, bruising or redness, swelling/bloating, itching, burning, nerve “zingers”. These can last anywhere from a few hours to 4 weeks, and the severity can vary based on an array of biological and environmental factors.
2. The more active, hydrated, and well-rested you are, the more optimal your healing and flushing of the treated fat cells will be. The machine does its job, but the speed and comfort at which you heal and eliminate can be expedited and optimized by incorporating the following tips after your treatments:
  - a. Stay hydrated by drinking extra water in the days and weeks to follow.
  - b. Avoid alcohol and sugar, as these are dehydrating and inflammatory.
  - c. Self-massage the treated area. Target the fat, not the muscle underneath. Gentle, circular motions for about 5-10 minutes per day for the first 10 days. This increase of blood flow helps reduce inflammation and helps speed up elimination.
3. If you are experiencing painful side effects, including late-onset pain, the following tips can be incorporated to relieve symptoms:
  - a. Take Tylenol or Acetaminophen. Avoid NSAIDS like Ibuprofen, as anti-inflammatory drugs may interrupt the natural events that occur after your treatments. Remember that the inflammatory process must occur in order for your cells to die off and eliminate properly.
  - b. Apply topical analgesics like Icy Hot, Ben Gay, or Biofreeze to the treated area.
  - c. Wear compression garments such as Spanx over the treated area to reduce nerve pain.
4. Late-onset pain may occur in approximately 10% of all cases. It is most common with the CoolAdvantage Plus Applicator and the CoolSmooth Pro applicator (outer thigh). Although symptoms may vary, typically late onset pain occurs 4 days post-treatment, and can last up to 2 weeks. This can be described as nerve zingers, burning, severe itching, bee stings, and is worse at night. A nerve block can be taken. We recommend sleeping in compression garments and over the counter pain killers.
5. Plan ahead. Do not receive treatments if you have an event where you need to look and feel your best. Bloating and swelling are very normal, and often last 2-4 weeks, especially in the abdominal region.
6. Remember that the inflammatory process is simply part of CoolSculpting’s mechanism of action. During treatment, those fat cells have been traumatized beyond repair, and they take roughly 30 days to fully die off. Once the fat cells have turned over, your body intuitively sweeps away any “waste” through its natural elimination processes.

Do not obsess! You will likely start seeing and feeling changes anywhere from 30-60 days after each treatment. Because the elimination process is slow and gentle, to the naked eye it may seem like nothing is happening. Rest assured, you’ll be able to see just how significant the changes are when you finish your entire course of treatments and return for your final post-treatment examination, where we will finally reveal your side-by-side before and after photos!