

## COOLSCULPTING® PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

### PRE-PROCEDURE INSTRUCTIONS

- **Avoid blood thinners**  
If it is medically safe for you to avoid blood thinners, try not to take any during the week leading up to your CoolSculpting session. Blood thinners such as ibuprofen and fish oil will make you susceptible to bruising. If you are on blood thinners at your doctor's recommendation, do not stop taking this medication unless you have spoken to your doctor and have received an alternate form of medication.
- **Skip the tanning session**  
UV exposure can make your skin more sensitive to the CoolSculpting treatment. For a more comfortable CoolSculpting session, don't tan in the sun or use a tanning bed for at least a week before your treatment day.
- **Report injury**  
Because CoolSculpting involves suctioning and massaging of the treatment area, CoolSculpting may need to be delayed if you have an injury to the treatment area. This includes cuts, excessive bruising, skin rashes, or any other condition a skin care specialist thinks may interfere with CoolSculpting or cause pain. If you have any sort of injury that may affect your reaction to CoolSculpting, let your treatment administrator know beforehand so they can reschedule your appointment.
- **Eat before treatment**  
CoolSculpting shouldn't be performed on an empty stomach. Eat a light meal or snack before your treatment so you don't feel hungry or too full.

### POST-PROCEDURE INSTRUCTIONS

- **Drink water**  
Staying hydrated will help your body eliminate fat cells and it will help your body recover faster. Drinking plenty of water can help your CoolSculpting results become apparent quicker.
- **Be gentle**  
After your CoolSculpting treatment, help any redness and tenderness fade by not overusing your treatment area and being extra gentle. Although CoolSculpting requires no downtime, you may want to refrain from working out for a few days and avoid extreme hot or cold temperatures, particularly while bathing. Pat your treatment area dry instead of scrubbing to not irritate the treatment area. Taking these precautions will ensure your comfort after treatment.
- **Have realistic expectations**  
Remember that CoolSculpting results aren't visible right away. You likely won't see results until 3 weeks after your treatment and the most dramatic results won't be apparent until 2 months after treatment.
- **Ease discomfort**  
It's normal to feel soreness or discomfort after treatment. This can be addressed using over-the-counter medication such as Tylenol, warm compresses, and gentle stretching. If you suffer from pre-existing chronic pain, discuss CoolSculpting with your family doctor before scheduling an appointment.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**

PATIENT SIGNATURE

PRINT NAME

DATE