

What to Expect During Your CoolSculpting Procedure.

- You will either sit or lie down during your procedure
- A cold gel pad will be placed on the treatment area to protect the skin.
- Vacuum pressure draws tissue into the applicator cup, causing sensations of:
 - Intense pulling, tugging, pinching

During the cool-down period.

- These sensations will be followed by an initial sensation of intense cold
- As cold is applied and the area becomes numb (typically in 5-10 minutes), it can cause sensations of:
 - Tingling, stinging, aching and/or cramping
 - These sensations typically subside and do not last throughout the treatment
 - At the end of your cool-down period you will experience a variance in suction described as the "massage mode" do not be alarmed by the difference in feeling or sound.

What to Expect After Your CoolSculpting Procedure.

- You can expect any of the following symptoms immediately after your CoolSculpting Procedure. Symptom intensity also varies by individual patient.
- Side effects commonly last from 2 days to 1 month or more. All side effects are temporary. In the days to weeks following treatment, you may also experience a delayed onset of these symptoms.
- These do not occur for most patients. When they do occur, the intensity and duration vary.
- **The following symptoms subside over time, with no lasting complications.**
 - Temporary firmness or stiffness
 - Redness, bruising, swelling and numbness
 - Temporary blanching (temporary whitening of the skin)
 - Tenderness, cramping or muscle spasms, and aching
 - Itching, skin sensitivity, tingling, stinging and numbness
 - Moderate to severe discomfort and/or pain
 - In the unlikely event of moderate to severe discomfort and/or pain, call our office.
- If you experience discomfort or pain, consider taking OTC pain reliever. Also if the discomfort interferes with sleep, you may elect to recommend a sleeping aid. **Both are very uncommon.**
- If the pain becomes severe, call The Vanishing Vein 508-626-8346.
- **Remember** to plan ahead for a potential for bruising that can last up to a few weeks.
- **Remember that ALL symptoms and sensations resolve over time.**