



What to Expect During Your CoolSculpting Procedure.

CoolSculpting is a safe, non-invasive treatment which is usually well tolerated with minimal discomfort and downtime.

On the day of your procedure please wear comfortable clothing and eat something before coming to the office. You are welcome to bring books, magazines, or ipads/smart phones for use during your procedure. We do have magazines in the office and a television with local channels to help pass time during your procedure.

When you arrive at the office pre-procedure pictures will be taken and Dr. George will mark the area or areas to be treated.

Each treatment will last 1 hour per area.

During Your CoolSculpting Procedure:

- You will either sit or lie down during your procedure
- Vacuum pressure draws tissue into the applicator cup, causing sensations of:
 - o Intense pulling, tugging, pinching
- Any discomfort will pass within the first 8 minutes of the procedure.

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:
 - o Tingling, stinging, aching and/or cramping
- These sensations typically subside quickly



What to Expect After Your CoolSculpting Procedure

You can expect any of the following symptoms immediately after your CoolSculpting Procedure. These symptoms may persist up to several weeks. **These do not occur for most patients.** Symptom intensity also varies by individual patient. 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

In the days to weeks following treatment, you may also experience a delayed onset of these symptoms, persisting several weeks. **These do not occur for most patients and the intensity will vary by individual.**

- 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.
 - This discomfort and/or pain will subside.
- A prescription for lidocaine patches will be given to you in the rare case of post procedure pain

All of these symptoms are temporary and will subside naturally over time. However, if your symptoms worsen over time, please call our practice at **910-256-4350**. An oral medication or topical anesthetic may be prescribed as needed.