



COOLSCULPTING ELITE

How to prepare for treatment:

- 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 also have a television with Netflix to help pass time during your procedure.

What to expect during treatment:

- When you arrive at the office, pre-procedure pictures will be taken and one of our CoolSculpting nurses will mark the area or areas to be treated.
- Each treatment will last 35-75 minutes per area (treatment time depends on area being treated).
- You will either sit or lie down during your procedure.
- Vacuum pressure draws tissue into the applicator cup, causing sensations of:
 - Intense pulling, tugging, pinching
- Intense cold, tingling, stinging, aching or cramping may be felt as the tissue cools, but these sensations should subside as the area becomes numb.
- Any discomfort will pass within the first 5-8 minutes of the procedure.