



pure.dermatology

where.skin.matters

Coolsculpting Patient Post Treatment Guidelines

What to Expect During Your CoolSculpting Procedure

- CoolSculpting is a non-invasive treatment.
- No general/topical anesthesia or pain medication is required.
- Applicator cup uses vacuum pressure to draw tissue between the cooling panels.
- Sensations of pulling, tugging, and mild pinching in the area being treated.
- Intense cold, tingling, stinging, aching, cramping. These sensations subside as the area becomes numb.
- You will either sit or lie down during your procedure, depending on the area being treated.
- Procedure takes from 1 to 2 hours depending on the number of placements.
- The treatment is easy; patients often read, listen to music or take a nap.

What to Expect Immediately After Your CoolSculpting Procedure

- CoolSculpting is a non-invasive procedure; there is no recovery time.
- Treated area may look firm or feel stiff immediately after the procedure. This is normal and dissipates within minutes.
- The treated area may be reddened for approximately 20 minutes after the applicator is removed.
- Vacuum can cause bruising, tingling or tenderness to the touch. This typically resolves within a few weeks.
- You may feel a temporary dulling of sensation or numbness in the treated area. This is normal and will resolve within a few hours up until eight weeks after your procedure.
- You may resume normal activities immediately following procedure.

Possible Side Effects

Immediately after a procedure:

- Redness and firmness.
- Transient blanching (temporary whitening of the skin) and/or mild bruising around the edges of the treatment area.
- Tingling and stinging.

One to two weeks after a procedure:

- Redness, bruising, and swelling.
- Tenderness, cramping or muscle spasm, and aching.
- Itching, skin sensitivity, tingling, and numbness. Numbness can persist up to several weeks after a procedure.

Please call us at 586.PURE if your symptoms appear to worsen or last longer than three weeks. For questions after these hours, you may contact Dr. Mann directly at 581-7482.

Maintain your normal diet and exercise programs.

***Please go to Realself.com and evaluate both your procedure CoolSculpting and our office (under Dr. Teresa Mann). This is a website where real people find, share and discuss their experience with cosmetic procedures.

Teresa Mann, MD, PC *Board Certified: American Board of Dermatology*
t: 406.586.7873 | f: 406.586.2332 | e: info@puredermbozeman.com
1188 North 15th Avenue, Suites 1 & 2 | Bozeman, Montana 59715
www.puredermbozeman.com