



Coolsculpting

What to expect after your treatment:

- Mild redness in the treated area lasting for a few minutes to a few hours is an expected but temporary effect of the CoolSculpting™ procedure
- There is no recovery time. Normal daily activities may be resumed immediately following your treatment.
- You may feel mild to moderate tenderness on the treatment area for 3-5 days.
- Numbness without any pain will be present for up to 5 weeks following.
- You will begin to notice a reduction in the treated area around 5 weeks and your results will continue to improve until 12 weeks post-treatment.
- To ensure great results and to prevent weight gain after your procedure be sure to maintain your current healthy diet and exercise habits.