



CoolSculpting Post-Treatment Guidelines

Post-Treatment Instructions:

- There is no recovery time. Normal daily activities may be resumed immediately following 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
- You may feel mild to moderate tenderness in the treatment area for 3-5 days.
- Numbness without any pain may be present for up to 5 weeks following.
- You may begin to notice a reduction in the treated area as early as 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.