

PRE AND POST TREATMENT INSTRUCTIONS

IMPORTANT

Prior to your treatment, please alert us of :

- any medical conditions you may have;
- any prescribed medications you are taking;
- a hernia or history of hernia in the area to be treated or adjacent to treatment site;
- skin conditions such as eczema, dermatitis or rashes.

Results can vary from person to person.

CONTRAINDICATIONS

(A contraindication is a condition or factor that serves as a reason to withhold a certain medical treatment due to the harm that it would cause the patient.)

- Are pregnant or breastfeeding
- Bleeding disorders or taking anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes) or immunosuppressants
- Have seizure disorders triggered by light
- Have Pacemaker or defibrillator
- Have a history of skin cancer or exhibit suspicious lesions. Requires clearance from medical dermatologist.
- Cryoglobulinemia or paroxysmal cold hemoglobinuria
- Diastasis Recti
- Known sensitivity to cold such as cold urticaria or Raynaud's disease.
- Impaired peripheral circulation in the area to be treated
- Neuropathic disorders such as post-herpetic neuralgia or diabetic neuropathy
- Impaired skin sensation
- Open or infected wounds
- Recent surgery or scar tissue in the area to be treated

PRE AND POST GUIDELINES

Prior to your CoolSculpting[®] procedure:

- Eat a good meal – there is no need to skip meals, please eat accordingly.
- Please do not have any caffeine on the day of your treatment. This can contribute to swelling and bruising.
- Please wear comfortable, loose or baggy clothing.
- You may wish to bring water, a light snack and entertainment materials i.e. book, ipod, laptop (wifi available), etc. Patients often read, listen to music or take a nap.

What to expect during the CoolSculpting[®] procedure:

- CoolSculpting is a non-surgical procedure that may take from one to several hours, depending on your customized treatment plan.
- No general/topical anesthesia or pain medication is required.
- As the procedure using a vacuum applicator is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging and pinching in the area being treated. A surface applicator may cause sensations of pressure.
- You also may experience intense stinging, tingling, aching or cramping. These sensations generally subside as the area becomes numb.

What to expect immediately after the CoolSculpting procedure:

- Immediately after the procedure, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are normal reactions that typically resolve within minutes.
- The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect after the CoolSculpting procedure.
- Bruising, swelling and tenderness can occur in the treated area. This typically resolves within a week or two.
- Nausea and tingling, stinging and cramping in the treatment area are often reported on treatment day.
- You may feel a temporary dulling of sensation in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure.
- There typically is minimal recovery time after the CoolSculpting procedure. Most patients are able to return to their daily routine immediately after the procedure.

What to expect the first few days and weeks after the CoolSculpting procedure:

- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after the CoolSculpting procedure.
- You may experience a temporary dulling of sensation that can last for several weeks.
- At some point within the first two weeks following the procedure, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness. Consult your doctor if these conditions persist beyond two weeks or worsen over time.
- If in pain, take Tylenol, aspirin or anti-inflammatory medication (ex. Motrin, ibuprofen, Aleve) if no contraindication. Use as directed. A Lidocaine 4% patch is also helpful. This can be purchased at Mill Creek Skin & Laser. Call us at 425.316.8200 for evaluation when post procedural pain occurs. After hours, press 5 to page the Dr. Please leave a detailed message with your full name and phone number.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as four weeks after the CoolSculpting procedure and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.
- In rare cases, patients have experienced vasovagal symptoms during the treatment, and reported freeze burn, darker skin color, hardness, discrete nodules or enlargement of the treated area. Surgical intervention may be required to correct the enlargement.

Next steps:

- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

If your symptoms appear to worsen or last longer than two weeks, please call us at (425) 316-8200. After hours, press 5 to page the Dr. Please leave a detailed message with your full name and phone number.

Print Name: _____

Signature: _____

Date: _____

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Hours: Tuesday-Saturday 10:00 AM-6:00 PM

MCSLShared/CompanyWeb/PreandPost/Coolsculpting2017-0124

Pre and post photos will be taken to track progress. A \$30 processing fee will be charged to clients that want copies of their photos.