

lachelé

AESTHETICS & WELLNESS

CoolSculpting Post Treatment Instructions

- Hydrate! Adequate daily hydration is recommended to assist your body in flushing out the targeted fat cells pre and post treatment.
- Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure. Most patients are able to return to their daily routine immediately after the procedure.
- The treated area may be red for up to a few hours after the applicator is removed. Bruising can occur in the treatment area.
- 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, nausea, bloating, diarrhea, muscle spasms, bruising, aching and/or soreness. Contact our office and consult with your primary doctor if these conditions persist beyond two weeks or worsen over time.
- Following the procedure, a gradual reduction in the thickness of the subcutaneous fat layer will take place. You may start to see changes as early as three weeks after the CoolSculpting procedure and you will experience the most dramatic results after one to three months. Your body will continue naturally to eliminate the injured fat cells from your body for approximately four months after your procedure.
- In rare cases, patients have reported pigmentary changes, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia or worsening of existing hernia following the CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia.
- 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 your second session one month after the initial treatment. Schedule a follow-up medical assessment after your second session to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction 3 months post treatment.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908)303-5694. You can also email us at team@lachele.com