

## **CoolSculpting Pre Treatment Instructions**

- Hydrate! Adequate daily hydration is recommended to assist your body in flushing out the targeted fat cells before treatment.
- Limit alcohol and smoking for 24 hours prior to your appointment.
- We advise patients to wear comfortable, loose clothing to the appointment. All patients will be required to change into disposable garments before photos & taking weight.
- Please remove all jewelry in the treatment area(s).
- Please avoid wearing lotions, creams, oil, etc. in the area(s) to be treated.
- Please notify your provider in advance if you have a history of or currently have a hernia, Raynaud's disease, or any recent surgeries or skin conditions.