

COOLSCULPTING TREATMENT

*CoolSculpting® is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks, and upper arm.
The CoolSculpting® procedure is not a treatment for weight loss.*

IMPORTANT INFORMATION

- Many patients have minimal discomfort following the procedure, however 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, aching and/or soreness. Please call if these conditions persist beyond two weeks or worsen over time.
- Sometimes the body responds asymmetrically -- some areas of fat are more responsive than others -- and you may need additional cycles to correct this. Unfortunately, we cannot predict your exact outcome, as it is a combination of both the treatment and your body's response.
- In rare cases, patients have reported darker skin color, 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.

WHAT TO EXPECT

- If you bruise easily you may consider reducing blood thinning medications and supplements several days before your appointment. These include but are not limited to: Ibuprofen, Aspirin, Omega-3's (fish oil, flax seed oil, etc.), and Vitamin E.
- On the day of your treatment, eat a full meal before your appointment. Treating on an empty stomach can lead to nausea and/or light-headedness.
- Wear comfortable clothing, because you'll be sitting in the same position for extended periods of time. Gel pads are used during treatment and gel often transfers to clothing.
- Pictures will be taken for medical records. We provide the appropriate disposable garments and a robe at your appointment. If wearing a bra, please wear one that is black or another dark color.
- At first you may experience intense stinging, tingling, aching or cramping. These sensations generally subside after 10-20 minutes as the area becomes numb.
- The device has a call button and you will be able to page your provider at any time during the procedure.



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(continued)

AFTER YOUR TREATMENT

- Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure.
- 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. Most patients are able to return to their daily routine immediately.
- Immediately after the procedure, the area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- The treated area may be red for up to a few hours after the applicator is removed and bruising in the treated areas may be seen.
- 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.
- 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 three weeks after the CoolSculpting procedure, and your body will continue to naturally expel the injured fat cells from your body for approximately four months.
- 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.

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