

COOLSCULPTING PRE AND POST TREATMENT INSTRUCTIONS:

PRE-APPOINTMENT

- **Avoid anti-inflammatories and blood thinners 1 week prior to procedure. This includes but is not limited to NSAIDS (Advil, Aleve, Aspirin), Vitamin E, fish oil, ginkgo, ginseng, St. John's Wort, and CBD products.**
- **Consider taking arnica one week before treatment if given the okay by your doctor.**

AT YOUR COOL SCULPTING APPOINTMENT

- **Wear comfortable clothing that you can go home in or bring comfortable clothing with you that you can change into before treatment. Some people may wish to bring a change of clothes in case the gel used for the treatments gets your clothes wet.**
- **Bring any entertainment you'd like during your treatment (iPad, laptop, book, etc). Drylux Beauty Bar will provide you with complimentary Wifi, for your enjoyment, and drinks or snacks during a long treatment.**
- **Notify Drylux Beauty Bar of any changes to your health history, medications, or if you are pregnant or trying to become pregnant since your last appointment.**
- **Notify Drylux Beauty Bar if you have used Accutane in the past. Use within a 6 month period of treatment may be a contraindication.**

WHAT TO EXPECT DURING COOL SCULPTING

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

WHAT TO EXPECT IN THE DAYS AND WEEKS AFTER COOL SCULPTING

- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting.
- Use Acetaminophen (Tylenol) for any pain. Avoid anti-inflammatories like Advil and Aleve for several days after the treatment.
- 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 Drylux Beauty Bar if these conditions persist beyond two weeks or worsen over time.

- Though uncommon, you may experience hyperpigmentation (darkening of the skin) in the treated area within the first week or weeks following your CoolSculpting treatment. This may last up to a year, but may be treatable to lessen the dark appearance. If you notice a darkening of the treated area, contact Drylux Beauty Bar immediately to assess the next steps.
- 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 CoolSculpting and you will experience the most dramatic results after approximately three months. Your body will continue naturally to process the injured fat cells from your body for approximately six months after your procedure.

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.
- If desired, schedule a follow-up assessment to review your clinical results 12 weeks after your treatment to discuss the option of additional treatments to achieve desired fat reduction.

Please call us at [\(914\) 274-8300](tel:9142748300) if your symptoms appear to worsen or last longer than two weeks.