

## POST-CARE INSTRUCTIONS

# COOLSCULPTING

### OVERVIEW

After Coolsculpting, your body works to eliminate the dead fat cells naturally, the same way it eliminates any other dead cells. That said, your body is healing, so you will feel some minor discomfort associated with it. Remember that it takes multiple sessions to achieve maximum results, so be patient with your results.

ACCESS THE ONLINE INSTRUCTIONS HERE



### DO:

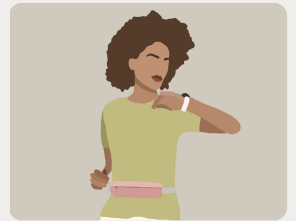
#### Drink and Eat Healthy

Stay hydrated and eat a healthy well balanced diet.



#### Keep Moving

Keep moving! This helps get your blood circulating so that your body can handle the healing process more efficiently.



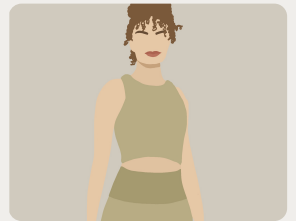
#### Massage Area

Gently massage the area 2 times a day, for 2 weeks, 2 minutes each time, this may be painful.



#### Wear Compression Clothing

Wear clothing with compression, especially in the first few days after treatment.



#### Exercise

Continue your regular exercise routine.



### DON'T:

#### DO NOT Take a Hot Bath

Do not take a hot bath or use a hot tub for the first 72 hours.



#### DO NOT Be Surprised with Swelling

Do not be surprised by minor swelling after the procedure. This is normal, though your swelling may be worse if your body bloats or swells easily.



## ***DON'T:***

### ***DO NOT*** Take Aspirin

Avoid aspirin and other non-steroidal anti-inflammatory medications, or supplements which may thin your blood (i.e. vitamin e, fish oil, St. John's Wort, etc.) for 7 days before and after treatment. These agents may increase the risk of bruising and bleeding. ***Tylenol is okay.***



### ***DO NOT*** Expect Immediate Results

Do not expect immediate results. Results can take anywhere from 1 to 4 months to appear. You may start to see changes as quickly as 3 weeks after your treatment, but will experience the most dramatic results after two months.

