



CoolSculpting® Treatment Instructions

Pre-Treatment:

- Have a light meal prior to treatment.
- Some patients bring books, computers, tablets to keep themselves entertained during treatment.
- Please inform your provider if you have a history of cold intolerance or cryoglobulinemia.
- Patients should maintain a stable weight between 10-15lbs of their goal weight, CoolSculpting is not a weight loss treatment.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

Post-Treatment

- Many patients resume normal activities right after treatment, you may exercise the same day.
- Nausea and/or dizziness is normal immediately following treatment as your body warms.
- Redness, swelling, tingling, stinging, tenderness, and bruising can occur after and typically resolves within 1-week after treatment.
- Temporary dulling of sensations in the treatment area is normal and can last several weeks or months.
- Stay hydrated, hydration helps flush out the fat cells after treatment.
- You may begin to see some changes in the treatment area 2-months after, however, results are typically seen at 3-months. *Retreatment is generally recommended for best results.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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