



## Pre and Post Treatment Instructions

### CoolSculpting

For your safety and in order to obtain optimum results, the instructions below should be followed

- What to Expect During Your CoolSculpting treatment:
  - o You will either sit or lie down during the procedure
  - o Vacuum pressure draws tissue into the applicator cup, causing sensations of intense pulling, tugging and pinching. It is also normal to experience intense cold, stinging, tingling, aching or cramping. These sensations generally subside during treatment as the area becomes numb.
  - o During the cool-down period these sensations typically subside.
- What to Expect After Your CoolSculpting treatment:
  - o You may have dizziness, lightheadedness, nausea, sweating or fainting during or immediately after the treatment.
  - o You can expect any of the following symptoms immediately after your CoolSculpting Procedure. These symptoms may persist up to several weeks. These do not occur for all patients. Symptom intensity also varies by individual patient. Symptoms subside over time, **with no lasting complications.**
    - Temporary firmness or stiffness
    - Redness, bruising, swelling and numbness
    - Temporary blanching (temporary whitening of the skin)
    - Tenderness, cramping or muscle spasms, and aching
    - In the submental area, a feeling of fullness in the back of the throat may occur.
  - o In the days to weeks following treatment, you may also experience a delayed onset of these symptoms, persisting several weeks. These do not occur for most patients and the intensity will vary by individual.
    - Tenderness, cramping or muscle spasms and aching
    - Itching, skin sensitivity, tingling, stinging and numbness
    - Moderate to severe discomfort and/or pain. In the unlikely event of moderate to severe discomfort and/or pain, call our office. **This discomfort and/or pain will subside.**
  - o All of these symptoms are temporary and will subside naturally over time. However, if symptoms worsen over time, please call us. An oral medication or topical anesthetic may be prescribed as needed.
  - o A less common side effect is the possibility of late onset pain which may begin 3-4 days after treatment and typically resolves within 3-4 days. If late onset pain occurs, compression garments can be worn for comfort.
  - o You may start to see changes in as early as three weeks after your procedure, and will experience the most dramatic results after one to three months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.
- Subsequent treatments are based upon your clinician's recommendation. Typically a minimum of 2 treatments are recommended for desired results.

YOUR TREATMENT WILL BE PERFORMED AT:

EMPIRE MANAGEMENT GROUP  
1721 WESTWIND DRIVE, SUITE A  
BAKERSFIELD, CA 93301

**\*PLEASE NOTE: THERE IS A \$250 CANCELLATION FEE IF YOUR  
APPOINTMENT IS CANCELLED WITHIN 24 HOURS\***

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

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**Patient Signature**

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**Witness Signature**

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**Date**