

NINA DEEP, M.D.

AESTHETICS

COOLSCULPTING PRE- POST INSTRUCTIONS

PRE-TREATMENT

- ❖ DO bring a book, magazine or IPAD, to use during treatment. We have a TV with Netflix for you to enjoy also.
- ❖ DO expect treatment to take between 1-4 hours depending on the number of areas treated.
- ❖ DO NOT use any lotions or creams in the areas being treated.
- ❖ DO expect a vacuum applicator cup and pressure with mild pinching in the areas during treatment.
- ❖ DO expect pulling, cold, tingling, and mild cramping that subsides within 5 minutes as the area becomes numb during treatment.
- ❖ DO maintain your normal exercise program and a healthy diet.

POST-TREATMENT

- ❖ DO expect the treated area to look firm or feel stiff immediately after the procedure. This is normal and will resolve after the 2-minute mandatory massage.
- ❖ The vacuum cup can cause bruising, tingling or tenderness to the touch. This typically resolves within a few weeks.
- ❖ You may feel a temporary dulling of sensation or numbness in the treated area. This is normal and will resolve within a few days or sometimes a few weeks after your procedure.
- ❖ Cramping is common. This will typically resolve itself in a few minutes, days, or even to a few weeks.
- ❖ You may resume normal activities immediately following the procedure, this includes any exercises.
- ❖ If you experience any symptoms that are concerning to you, please call the office at (614) 855-5555.

