



WESTLAKE  
DERMATOLOGY  
& Cosmetic Surgery

## COOLSCULPTING

### What to Expect During and After Your Treatment

Thank you for choosing Westlake Dermatology & Cosmetic Surgery for your CoolSculpting treatment. The following information will help you maximize the results of your procedure. If you have any questions about your treatments or possible side effects, please call our office.

#### WHAT TO EXPECT DURING YOUR TREATMENT

- CoolSculpting is a safe, non-invasive treatment. You will either sit or lie down during your treatment.
- Vacuum pressure draws tissue into the applicator cup, causing sensations of pulling, tugging, or pinching.
- During the cool-down period, these sensations will be followed by an initial sensation of intense cold. As cold is applied and area becomes numb (typically 5-10 minutes), it can cause sensations of tingling, stinging, aching and/or cramping. These sensations typically subside.

#### WHAT TO EXPECT AFTER YOUR TREATMENT

You can expect any of the following symptoms immediately after your CoolSculpting treatment. These symptoms may persist up to several weeks. These do not occur for most patients. Symptom intensity also varies by individual patient. Symptoms subside over time, with no lasting complications.

- Temporary firmness or stiffness
- Redness, bruising, swelling, or numbness
- Temporary blanching (temporary whitening of skin)
- Tenderness, cramping or muscle spasms, and aching

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.

All of these symptoms are temporary and will subside naturally over time. However, if your symptoms worsen over time, please call our office. An oral medication may be prescribed as needed.

#### YOUR NEXT STEPS

- Schedule a follow-up visit for 2 months after your treatment.
- Prevent weight gain by maintaining a healthy diet and exercise program.
- A single treatment provides a noticeable fat reduction in most patients in 2 to 4 months. At your follow-up visit, your doctor will assess your improvement and discuss the option of additional treatments to achieve more fat reduction.

#### OUR PHONE NUMBERS

- Westlake 512.328.3376
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- Round Rock 512.583.3376
- South Austin 512.615.2730