

CoolSculpting

What to Expect After CoolSculpting

After CoolSculpting, your body is triggered to eliminate the dead fat cells naturally, the same way it eliminates any other dead cell, via the immune system. This process can take 2-5 months.

To be clear, CoolSculpting is NOT a weight loss procedure. It's a treatment designed to remove stubborn fat in areas that seemingly resist going away with diet and exercise.

The vast majority of patients have minimal discomfort following the procedure.

Even so, you may feel some minor discomfort associated with the treatment area. Patients with a prior history of surgery with scar in the treatment area may have a temporary, burning, nerve type of pain. Let our office know before the procedure if you have had prior surgery in the intended treatment area, so we can help you.

Common symptoms:

- Tenderness to the touch
- A deep itch sensation
- Tingling
- Minor numbness
- Mild swelling
- Redness

Again, realize that everyone has different pain tolerances.

There are some rare side effects and cases in which patients had extended pain, but these are rare exceptions and are more indicative of one person's body hyper-reacting. If you experience intense side effects or side effects that don't go away after two weeks, please let us know.

CoolSculpting Aftercare

Since CoolSculpting is a nonsurgical procedure, you don't have to worry about caring for surgical incisions or antibiotics. There are certain things you can do to help reduce any discomfort you may feel.

Wear Loose, Comfortable Clothes, especially the first few days after treatment.

Many patients experience minor swelling after the procedure. This is normal, though your swelling may be worse if your body bloats or swells easily.

Keep Moving After CoolSculpting...like walking and yoga.

This helps improve your blood circulation, so that your body can heal more efficiently. Remember, your blood carries oxygen and nutrients, and so improved circulation means your cells are healthier and happier and able to heal faster.

If you're not feeling any discomfort, you're fine to return to your normal exercise routine post-treatment.

Massages and Warm Compresses

If the affected area is bothering you, you may find that a more direct approach is the way to go.

A warm compress can help improve circulation, and a gentle massage can help comfort your skin and muscles.

CoolSculpting Pain , Numbness and Swelling Afterwards---take Tylenol (acetaminophen)

As mentioned above, most patients don't experience any pain after CoolSculpting. The biggest discomfort will occur in the first 5 to 10 minutes of the procedure as your body gets used to the cold applicators.

You may experience some minor discomfort in the treated area—think redness, swelling, and possible soreness. This is normal. It is OK to take Tylenol...but non-Tylenol pain relievers may reduce the effectiveness of your treatment! For nerve pain, as may occur in post-surgery patients, Dr Kessler Hudak may need to order some Gabapentin. (This is NOT a narcotic.)

It may take a while for the swelling to go down, but don't be discouraged. It will go away, and you will be smaller where you were treated. (Please do not go on an eating celebration, and make your remaining fat cells bigger in size!)

Some people will have lingering numbness after the treatment, but this will go away with time.

Remember: be patient. You may start seeing results as soon as three weeks, but you'll see the most dramatic results after two-to-three months. Check in with us, track your progress, and remain patient while your body get rid of the dead fat cells. At any given weight, you will be smaller than you would have been had you never had the CoolSculpting!