



# Discharge Instructions: CoolSculpting

Thank you for allowing us to treat you at Self Care LA!  
We're excited to take this CoolSculpting journey with you.

## **Post-treatment care:**

- There is no downtime! You can return to your normal daily routine immediately after the procedure
- The treated area will be red for a few hours after treatment but will resolve soon
- There is expected bruising, swelling and mild tenderness to the treated area for the next 1-2 weeks
- You might experience numbness, tingling, stinging, and cramping the day of treatment and it may last for 1-2 weeks but should improve with each day; if any of these symptoms last beyond 2 weeks and limit your daily routine, please let us know
- Note: This is the body's inflammatory response to remove the dead fat cells
- There may be some bloating and swelling for a few weeks, compression garments (Yoga pants or Spanx) will help

## **Expectation of Results:**

- Changes may be apparent as early as 3 weeks after treatment
- Most noticeable results will be 2-3 months after treatment
- Dead fat cells will continue to be removed even 4 months after treatment

## **How to maximize results:**

- Maintaining a healthy diet and exercise; weight gain will reduce the efficacy of CoolSculpting
- The remaining fat cells in your body can still expand with weight gain
- CoolSculpting is the perfect time to evaluate your diet and exercise to optimize results
- The fat elimination process is due to inflammation; taking anti-inflammatories such as Motrin, Naproxen, Celebrex will hinder this process

We are taking this journey with you and will follow-up with you 1 week after the procedure. Additionally, we want to conduct 1-month and 2-month follow-ups at Self Care LA to assess your progress and address any questions or concerns you may have.

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