

Clear+Brilliant POST-Care Instructions

To ensure optimal results and support your healing process, please follow these post-care instructions carefully:

What to expect the first few days and weeks after the CoolSculpting procedure:

- Common for the treated area to feel bloated and look swollen in the first few days and weeks after the CoolSculpting procedure.
- You may experience a temporary dulling of sensation that can last for several weeks.
- At some point within the first two weeks following the procedure, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, muscle spasms, aching and/or soreness. Consult our office if these conditions persist beyond two weeks or worsen overtime.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after the CoolSculpting procedure and you will experience the most dramatic results after about three months.
- In rare cases, patients have experienced vasovagal symptoms during the treatment, and reported freeze burn, darker skin color, hardness, discrete nodules or enlargement of the treated area. Surgical intervention may be required to correct the enlargement

Next steps:

- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

Please call us at (504) 267- 4549 if your symptoms appear to worsen or last longer than two weeks.