

COOLSCULPTING TREATMENT INSTRUCTIONS

This important information is provided to assist you before, during and after your procedure. We want you to get the best possible result and promise to do our best to care for you. Please follow our instructions. If you have any questions or concerns regarding your treatment, please call our office at (501) 661-1234. You may also contact Dr. Sloan at (501) 258-2203.

CARE BEFORE YOUR PROCEDURE

You are not required to do anything special until the day before your treatment.

DAY BEFORE YOUR PROCEDURE

Our office will contact you to confirm your appointment time. If you do not hear from us, need to reschedule, or have any questions, please call our office at (501) 661-1234.

Hydrate. Drink eight 8-ounce glasses of water the day before, the day of, and the day after treatment. Avoid alcohol as it causes dehydration.

DAY OF YOUR PROCEDURE

Please wear comfortable clothes so we can easily access the treatment area. Bring a compression garment (Spanx or yoga pants with compression waist) to wear under clothes after your treatment.

CARE AFTER PROCEDURE

Only Tylenol for pain after treatment (Do not want anything to suppress inflammation while fat cells are dying).

Wear compression garment as long as needed.

Do not try anything new for one week post treatment; can continue exercise routine if already a part of your schedule.

If burning sensation occurs, use Bengay or Icy Hot.

Numbness is normally the longest lasting symptom and can last up to a month.

Maintain healthy/normal diet and exercise routine (weight gain will interfere with your result).