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**Pre & Post Care – CoolSculpting Elite**

**Pre-Treatment**

• Netflix is available, but you may want to bring a book, iPad, laptop, etc.  We do not have Guest WiFi.  
• Make sure you are hydrated, and have eaten before your treatment.  
• Expect your treatment to take between 1-4 (or more) hours depending on the number of areas treated.  
• On the day of your treatment, please do not use any lotions or creams in the areas being treated.   
• Photos will be taken in standard disposable garments that will be provided to you. We recommend bringing a change of comfortable clothing. The treatment involves gel that may cause some dampness or stickiness. We suggest avoiding wearing delicate or expensive items.  
• If the treatment area has a lot of hair (men treating double chin, abdomen or chest), please closely shave the morning of treatment as hair can impact the applicators’ ability to attach.  
• Please expect: a vacuum applicator cup and pressure with mild pinching in the areas during treatment, pulling, cold, tingling, and mild cramping that typically subsides within 5 minutes as the area becomes numb during treatment.  Some people find the immediate post-treatment phase uncomfortable so you may want to pre-medicate with Tylenol or Advil prior to your treatment. We also offer Tylenol in-office prior to starting your treatment.

**Post-Treatment**

TEMPORARY SENSATIONS/SYMPTOMS: The following effects can happen frequently in the treatment area during and after a treatment. These effects are temporary and generally resolve within days or weeks  
  
THESE SIDE EFFECTS CAN HAPPEN DURING A TREATMENT:  
  
• The suction pressure of a vacuum applicator may cause sensations of deep pulling, tugging, and pinching. A surface applicator may cause sensations of pressure. You may experience intense cold, stinging, tingling, aching or cramping as the treatment begins. These sensations generally lessen during treatment as the area becomes numb.         
  
THESE SIDE EFFECTS CAN HAPPEN IMMEDIATELY AFTER A TREATMENT:  
  
• The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may happen.          
• Bruising, redness, firmness, cramping, tingling, and stinging may happen.     
  
THESE SIDE EFFECTS CAN HAPPEN ONE TO TWO WEEKS AFTER A TREATMENT:  
  
• You may feel numbness in the treated area that can last for several weeks after the procedure. Prolonged redness, swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising, and/or skin sensitivity have also been reported.     
• You may have a feeling of fullness in the back of the throat. (If the submental area is to be treated. If the area under the chin or jawline is not being treated, this does not apply to you).         
  
THESE SIDE EFFECTS CAN HAPPEN WITHIN ONE TO TWO WEEKS AFTER SUBMENTAL (UNDER THE CHIN) AND SUBMANDIBULAR (UNDER THE JAWLINE) TREATMENTS:  
  
• Cold exposure to a nerve close to your tongue called the hypoglossal nerve may cause tongue deviation (turning).  
• Cold exposure to a nerve called the marginal mandibular nerve may cause lower lip weakness. Cold exposure to a gland below the jaw called the submandibular gland may cause dry mouth or a decrease in saliva production in your mouth.