

ELOPOULOS

PLASTIC SURGERY & MED SPA

CoolSculpting

The CoolSculpting procedure is a non-invasive procedure that is intended to change the appearance of the treatment area by delivering controlled cooling at the surface of the skin to break down fat cells that are just beneath the skin. This procedure is not a treatment for obesity or a weight-loss solution. The CoolSculpting procedure does not replace traditional methods such as diet, exercise or liposuction.

Pre-Treatment:

- Do not apply cream to the treatment zone on day of treatment
- Exercise the day of treatment is fine
- Let your provider know if you have any of the following:

Cryoglobulinemia (a condition in which an abnormal level of proteins thicken the blood in cold temperatures), or paroxysmal cold hemoglobinuria or cold agglutinin disease (blood disorders in which cold temperatures lead to red blood cell death).

Known sensitivity to cold such as cold urticaria (hives triggered by cold). Raynaud's disease (disorder in which cold leads to reduced blood flow in the fingers, which appear white, red, or blue), pernio or Chiblain's (itchy and/or tender red or purple bumps that occur as a reaction to cold).

Post-Treatment:

- Recommended to avoid any NSAIDS 2 weeks after 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 subside during treatment as the area becomes numb.

-The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur. These are all normal reactions that typically resolve within a few minutes.

-You may have dizziness, lightheadedness, nausea, flushing, sweating, or fainting during or immediately after the treatment.

-Bruising, swelling, redness, cramping and pain can occur in the treated area and the treated area may appear red for one to two weeks after treatment.

-You may feel a dulling sensation in the treated area that can last for several weeks after the procedure. Prolong swelling, itching, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity also have been reported.

-You may start to see changes as early as three weeks after your CoolSculpting procedure and will experience the most dramatic results after one to three months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.