



CoolSculpting Procedure Information

CoolSculpting is a safe, non-invasive treatment.

What to expect during your CoolSculpting procedure:

- You will either sit or lie down during your procedure.
- Vacuum pressure draws tissue into the applicator cup, causing sensations of intense pulling, tugging, and/or pinching.

During the cool-down period:

- These sensations will be followed by an initial sensation of intense cold.
- As cold is applied and the area becomes numb (typically in 5-10 minutes), it can cause sensations of tingling, stinging, aching and/or cramping.
- These sensations typically subside.

What to expect after your CoolSculpting procedure:

- You can expect any of the following symptoms immediately after your CoolSculpting procedure. These symptoms may persist up to several weeks. These do not occur for most patients. Symptoms subside over time, **with no lasting complications.**
 - Temporary firmness or stiffness,
 - Redness, bruising, swelling and/or numbness,
 - Temporary blanching (temporary whitening of the skin),
 - Tenderness, cramping or muscle spasms, and/or aching.

In the days to weeks following treatment, you may also experience a delayed onset of these symptoms, persisting several weeks. These do not occur for most patients and the intensity will vary by individual.

- Tenderness, cramping or muscle spasms, and aching
- Itching, skin sensitivity, tingling, stinging and numbness
- Moderate to severe discomfort and/or pain

In the unlikely event of moderate to severe discomfort and/or pain, call our office immediately. This discomfort and/or pain will subside. All of these symptoms are temporary and will subside naturally over time. However, if your symptoms worsen over time, please call our office at 216-464-7333. An oral medication or topical anesthetic may be prescribed as needed.