



Coolsculpting Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

Post - Treatment

- Immediately after your CoolSculpting treatment you will be able to return back to your normal daily activities/work out regimes.
- There are several ways to help ease discomfort experienced after your CoolSculpting treatment:
 - Light compression
 - Icing
 - Warm compress
 - Stretching
 - Paracetamol or Panadol (Anti-inflammatory medication is not allowed Eg. Ibuprofen)
- You may start to see your results anywhere from 6 - 12 weeks. We will bring you back 12 weeks after your treatment to take after pictures and reveal your final CoolSculpting results.
- All side effects are completely normal and what we expect to see in the treatment areas after the CoolSculpting procedure however, if you do have any questions about your treatment please do not hesitate to call us at The Laser + Skin Clinics.

Side Effects

Side effects might last from the treatment day up to 3/4weeks:

- Swelling
- Tenderness
- Bruising (Arnica topical or oral can be used)
- Redness
- Pigmentation changes (Hyperpigmentation resolves spontaneously)
- Cramping/Aching
- Numbness
- Skin sensitivity
- Itching
- Dizziness
- Headaches
- Mild to moderate pain
- Transient Blanching
- Sensation of Fullness (submental treatment only)
- Tongue deviation (cold exposure to hypoglossal nerve might cause it)
- Lower lip weakness (cold exposure to marginal mandibular nerve might cause it)
- Dry mouth (cold exposure to the submadibular gland might cause it)
- Tingling
- Stinging

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.



laser+skin CLINICS

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Adverse Reactions

- Post inflammatory hyperpigmentation (Can resolve spontaneously)
- Treatment area demarcation/indentation
- Paradoxal hyperplasia (Visibly enlarged tissue volume within the treatment area, which may develop 2-5 months after treatment. Surgical intervention may be required)
- Severe pain
- Late on set pain (Might happen several days after and resolves with several weeks)
- Subcutaneous induration (Generalised hardness or discrete nodules within the treatment area)
- Cold panniculitis (Results from injury to adipose tissue exposed to cold and may result in a mild to severe inflammatory response. In mild cases the the symptoms are self resolving and may include redness, swelling, skin nodes, warmth, tenderness and possibly low grade fever. Typically resolve without long term side effects. In more severe cases an intense inflammatory response may result in more extended tissue damage, including fat tissue death, which may require medical or surgical intervention)
- Hernia (Treatment may cause new hernia formation or worsen pre-existing hernia, which may require surgical repair)

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