



Account # _____

Date: _____

COOLSCULPTING

POST CARE TREATMENT INSTRUCTIONS & COMMON SIDE EFFECTS

Post Care

- ❖ Tylenol can be taken for any discomfort during the healing process
- ❖ Avoid NSAIDs: such as Ibuprofen, Aspirin, Motrin, Advil, Aleve - for 2 weeks post treatment. These over the counter medications interrupt the desired effects of the treatment.
- ❖ Over-the-counter antihistamines, like Benadryl, can be used for itching
- ❖ Hot/cold packs can be applied to the area to help with any discomfort
- ❖ Compression garments may be used on the treated area to add additional support and provide comfort during the healing process
- ❖ Avoid Turmeric for 2 weeks post treatment

Possible Side Effects

- ❖ Numbness and/or tingling (pins & needles sensation) may be present for up to 2-3 weeks in the treatment area after treatment and will resolve on its own.
- ❖ Swelling for up to 2-3 weeks in the treatment area is common and will resolve
- ❖ Bruising in the treatment area may occur due to the suction of the applicators applied during treatment
- ❖ Itching in the treatment area can also be present for up to 2-3 weeks post treatment
- ❖ Side effects may vary for individuals. Please contact our office if your side effects persist more than 3 weeks.
- ❖ Visible results can take up to 4 months

A 90 day follow-up appointment will be scheduled after your initial treatment to take additional photos and evaluate the results of the treatment up to that point.

Please call our office if you have any questions or concerns regarding your treatment at 480-556-0446.

P: 480.556.0446 F: 480.556.0447 www.affderm.com

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