

## Instructions for Zeltiq

### **WHAT TO EXPECT DURING THE PROCEDURE**

- CoolSculpting is a safe non-invasive treatment. You will sit or lie down during your procedure.
- Vacuum pressure draws tissue into the applicator cup, causing sensations of intense pulling, tugging or pinching. These sensations decrease within 5-10 minutes. The treatment time is 60 minutes for each area being treated. You will be given a call bell to alert the nurse if you need anything during the treatment.

### **WHAT TO EXPECT AFTER THE PROCEDURE**

- After the applicator is removed you may feel intense cold and sensations of tingling, stinging, aching and/or cramping. These sensations typically subside. The nurse will assist you in massaging and kneading the treated area for a few minutes after the treatment. The area treated will become less firm and warmer to touch with massage. There is no recovery time after the procedure. You may resume your normal activities on the same day as your procedure, including work and exercise.
- The treated areas will remain red for approximately 20 minutes after the applicator is removed.
- The vacuum pressure can cause bruising which usually resolves in a few weeks.
- You may feel a temporary dulling of sensation in the treated area. This is normal and will resolve in a few hours to as long as 8 weeks after your procedure.
- You may also experience some swelling of the treated area, temporary blanching (whitening) of the skin, tenderness, cramping, muscle spasms and aching of the treated area.
- These symptoms subside over time with no lasting complications. The symptoms may last several weeks but these do not occur for most patients.
- In the days to weeks following treatment, you may also experience a delayed onset of the following symptoms, persisting several weeks. These do not occur for most patients and the intensity will vary by individual.
  - tenderness, cramping, muscle spasms, or aching
  - itching, skin sensitivity, tingling, stinging or numbness
  - moderate to severe discomfort and/or pain
- In the unlikely event of moderate to severe discomfort and/or pain, call our office at 717-728-1700. The discomfort and/or pain will subside. Oral medication or topical anesthetic may be prescribed as needed.
- In the weeks following your procedure, a gradual reduction in the thickness of the fat layer will be taking place. In properly selected patients, the Zeltiq procedure provides a noticeable, measurable fat reduction in four months. We will have you return to the office four months after your procedure to obtain after photographs, weigh you, and have Dr. Stratis assess your improvement. It is important to prevent weight gain by maintaining a healthy diet and exercising regularly.