



Innovators in Beauty

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What is CoolSculpting?

CoolSculpting is a non-surgical fat reduction treatment that freezes fat. It is the only fat freezing procedure that is FDA - cleared! Controlled cooling is used to eliminate stubborn subcutaneous fat from multiple areas of the body. A ideal candidate should have a BMI of 30 or less and be 20 lbs. with in their goal weight. Most clients require 2 treatments to an area, with treatments being 3 months apart. The results are proven, noticeable and lasting.

Before Your Evolve Med Spa CoolSculpting Treatment

- Inform your clinician of all medical conditions, medications you are taking, skin disorders, surgical history, allergies, history of anaphylaxis, and any other medical problems.
- Please wear comfortable clothing, dark undergarments, and an extra change of underwear.
- If possible do not apply lotions/creams or perfumes to the treatment areas the day of your appointment.
- Please plan your treatment to allow for several days of potential swelling and bruising.
- To help decrease your chance of bruising avoid Advil, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment. Do not stop taking any medications that have been prescribed to you without first discussing it with your prescribing physician.
- It is also recommended to avoid drinking alcoholic beverages 48 hours before treatment to reduce chances of bruising.
- To further help reduce the chance of bruising, start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- Do not schedule a procedure if you are pregnant, think you are pregnant, or are breastfeeding and/or actively undergoing or underwent chemo/ radiation in the last 6 months.

What To Expect During Your Evolve Med Spa CoolSculpting Treatment

- CoolSculpting is a non-surgical procedure that may take 35 minutes to several hours, depending on your individualized treatment plan.
- No general/topical anesthesia or pain medication is required.
- CoolSculpting doesn't involve any injections.
- As the procedure is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. This may cause sensations of deep pulling, tugging, and/or pinching to the area being treated.
- You may also experience intense stinging, tingling, aching, or cramping. These sensations usually subside as the area becomes numb.

What To Expect Immediately After Your Evolve Med Spa CoolSculpting Treatment

- To enhance your CoolSculpting results, a massage to the treated area will be performed immediately after the applicator is removed.
- It is common to look or feel mildly sore/stiff or swollen immediately after being treated. Transient blanching (temporary whitening) of the skin may occur.
- You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to the treated area. These are normal reactions that usually resolve within minutes
- The treated area may be red for a few hours after treatment and this is normal.
- Bruising, swelling, and tenderness, can occur in the treated area and will resolve in a couple weeks.
- Temporary dullness of sensation to the area treated may occur and last for several weeks after your treatment.
- There typically is minimal recovery time after CoolSculpting.
- Most people return to their daily schedule immediately after the procedure, with no restrictions.

Next Steps To Protect Your CoolSculpting Investment

- Weight gain will prevent you from appreciating your CoolSculpting results.
- Maintaining a healthy weight, diet, and exercise program can help to prevent this.
- Schedule a follow up appointment 90 days after your procedure to review your clinical results and discuss the option of additional treatments - which may be needed to achieve desired fat reduction.

