

**DERMATOLOGY
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COOLSCULPTING POST-CARE INSTRUCTIONS

Following your coolsculpting procedure you may experience redness, swelling, bruising, numbness and tenderness in the treatment area(s). These are all normal, temporary side effects that typically subside quickly. Usually the redness resolves overnight and swelling resolves slowly over the next week.

Bruising may last 1-2 weeks. Some patients may experience a skin sensitivity or numbness that may last a variable period of time (anywhere from 2-8 weeks). These symptoms are usually mildly annoying but do not interfere with activities of daily living.

Ibuprofen and Acetaminophen, and/or antihistamines may be used to help alleviate these temporary side effects. Some patients find comfort with icing, heating pads, or wearing firm fitting clothing such as yoga pants, spanx, or tight camisoles.

LATE ONSET PAIN ASSOCIATED WITH CRYOLIPOLYSIS PROCEDURES:

While the majority of patients who undergo the coolsculpting procedure experience little to no post treatment discomfort, a very small proportion of patients experience delayed significant post treatment discomfort. The average onset of pain is usually 3-4 days after treatment; the pain tends to increase in intensity and peak within several days. The pain can be described as deep pain, stabbing, shooting, burning sensations, hypersensitivity, and severe pins and needles. These symptoms may be continuous or intermittent, and may be heightened by positional changes such as bending, sitting, or coughing, and by contact with clothing or external stimuli. The symptoms are self-limited and resolve completely within approximately 2 weeks. Occasionally patients may need short term treatment for this discomfort with neurontin, a commonly prescribed oral medication used for a variety of nerve conditions. The average patient would usually only require this medication for 2 weeks

When should you contact the office?:

1. Any signs or symptoms not described above that are of concern to you.
2. Asymmetrical pain or swelling of the treatment area.
3. Any burning, itching, stinging or pain that is affecting your daily functions and/or sleep.

There are no post coolsculpting activity restrictions. You can resume all activities as tolerated, including exercise. No further massage of the area is required.

If you experience any side effect of concern, **call the office Monday – Friday at 978-254-1629** to reach Sabrina directly. If it is an urgent message and Sabrina can't be reached, please call our direct line at 978-369-9023. If you need immediate assistance during the evening or on a weekend please call the office, there is always a doctor on call to answer your questions.