

Your CoolSculpting Elite Journey with Element Body Lab

CoolSculpting Elite is the #1 non-surgical treatment that uses controlled cooling (aka cryolipolysis) to eliminate the stubborn fat that will not shrink through diet and exercise alone. **There's no downtime, so return to life immediately after treatment.**

Results gradually develop over 2-4 months following your treatment, depending on your metabolism. We see an average reduction of 20-25% (on a bell-curve) of the treated tissue with each CoolSculpting treatment. Your 2nd session must be spaced a minimum of 30 days from your 1st and ideally, your treatments should be spaced between 6-12 weeks apart. There's no wait needed to sculpt other areas.

How to Prepare for Your Treatment Day

Hydrate in the days leading up to your treatment. Fat leaves the body through your lymphatic system which relies on hydration. If you plan to use compression, order any compression garments online. For abdomen/love handle treatments we recommend a waist trainer belt from Amazon. Contact us via text at 214.897.3006 for links, if needed.

If you're concerned about swelling or looking to speed up the timeline to results, you can schedule a lymphatic massage prior to your CoolSculpting treatment day (ideally within 24-48 hours prior) and additional sessions based on your lymphatic function. We recommend **Janae Stephens at Mohogany Pelvic Health and Wellness**. Schedule a *Lymphatic/Wellness Session* with her on her website: mahoganypelvichealthandwellness.com

If you workout regularly, please workout *after* your CoolSculpting session, not the morning prior.

What To Expect On Your CoolSculpting Treatment Day

- **Wear comfortable, loose clothing to your appointment** (we recommend a change of clothes)
- **You can and should eat prior to arrival** – try to keep it light. Some patients feel nauseated at the start of the session because of the vacuum, especially on abdomen treatments. We'll provide snacks and refreshments while here.
- Prior to your treatment, photos and weight will be taken. We provide you with disposable undergarments for your before and after photos for consistency.
 - o If you're being treated to prep for a vacation, wedding, high school reunion, or to feel better in a suit, then we'd love for you to bring in your aspirational clothing pieces (i.e. bikini, wedding dress, high school jeans or that slim fit Italian suit)
- **Bring something with you to occupy the time during treatment.** An ipad, airpods, a book to read, or something to listen to. Our office has WiFi, we have snacks, coffee, water, and tea for while you're here. UberEats delivers to the office if you're here for an extended amount of time, but its rare clients want a full meal while being treated.

What to Expect During a CoolSculpting Treatment

There are 2 types of applicators offered at Element Body Lab – vacuum assisted and flat applicators. The vacuum applicators can cause sensations of deep pulling, tugging, and pinching in the area treated. The flat applicators do not involve suction but do cause sensations of pressure.

On both applicators you may experience intense cold, stinging and tingling. Most patients say these subside between 5-7 minutes and the remainder of the treatment is comfortable.

What to Expect After your CoolSculpting Treatment

Most patients have very mild symptoms or notice nothing besides some temporary soreness and numbness. But (as with any other medical procedure), each patient's experience is totally unique. **The best way to feel normal is to act normally – get back to life immediately. Exercise, stretch, live. No downtime.**

Immediately after the treatment, side effects may include

- Redness and firmness, transient blanching and/or mild bruising around the edges of the treatment area, tingling and stinging

One to two weeks after the Treatment, side effects may include

- Redness, bruising, swelling, tenderness, cramping and aching, itching, skin sensitivity or numbness. Numbness can persist up to several weeks after a treatment
- Sensation of fullness in the back of the throat after a submental area (double chin) treatment
- Diarrhea or foul smelling or floating stool (This is because the fat is exiting the body through your lymphatic system, i.e., urine, stool and sweat).

Rare Side Effects:

- Paradoxical hyperplasia: Visibly enlarged tissue volume within the treatment area, which may develop 2 to 5 months after treatment, possibly even after a visible result is noticed. Surgical intervention is required for correction.
- Late-onset pain, with a typical onset of 3-5 days after a treatment and resolution within 3-11 days after onset. Call us if you have any issues with discomfort that keep you from day-to-day life.
- Frostbite: First- and second-degree frostbite may occur during the treatment. It typically resolves without additional side effects with proper care
- Subcutaneous induration: Generalized hardness and/or discrete nodules within the treatment area, which may develop after the treatment and may present with pain and/or discomfort
- Hyperpigmentation: dark coloration may occur after the treatment.
- Hernia: Treatment may cause new hernia formation or exacerbate pre-existing hernia, which may require surgical repair

Best Practices:

Compression garments can feel great to wear in this period. Ice and/or heating pads, stretching or Tylenol can help with the discomfort. If itching is a concern, a Benadryl can do the trick! Activity will also help with soreness and sensitivity. **While there's no downtime, please avoid cryotherapy chambers, saunas, and prolonged sun exposure to the treated areas for 1-2 weeks to avoid exacerbating risks.**

Make sure to use the Alastin TransFORM Recovery cream 2x per day for at least 60 days after your treatment. During application, we recommend massaging the treatment area for a few minutes to help speed up recovery and improve comfort after the treatment.

If you'd like to speed up results, we recommend getting in a workout and looking into lymphatic drainage massage. For lymphatic drainage massage, we recommend Janae Stephens at Mohagany Pelvic Health and Wellness. If you're new to working out, check out Pilates214. We have 1 free session discount cards for CoolSculpting Clients at Element Body Lab.

What if I have questions for the medical director?

Our medical director is available throughout your entire treatment. **In case of questions or concerns, please contact Element Body Lab at: (214) 897-3006**