



Cosmetic
Image Clinics

COOLSCULPTING® CHECKLIST

WHAT TO BRING ON YOUR TREATMENT DAY

- ❖ Something to entertain yourself – Magazines, Book, IPAD, IPOD, study, work
- ❖ Wear comfortable loose clothes

LENGTH OF TIME REQUIRED

APPROXIMATELY 1-2 HOURS PER AREA, PLEASE ALLOW 30-60 MINUTES EXTRA FOR CHANGING, APPLICATOR SET UP, MEASUREMENTS, PHOTOS, CONSENT FORMS etc.

WHAT YOU MAY EXPERIENCE

- ❖ Most People experience dull pain/discomfort. 20% of patients experience nerve pain which your nurse will discuss with you prior to treatment (this is usually delayed onset 2-5days post treatment and may last 7-14 days post treatment).
- ❖ Most patients also experience loss of sensation/numbness that can last up to a month post treatment.
- ❖ In rare cases some patients feel light headedness during or post procedure. Please notify your nurse if you are prone to fainting.

WHAT WE OFFER

- ❖ During your CoolSculpting we like to offer the services of our qualified Beauty Therapist if pre-booked and time is available. Indulge yourself with a Manicure and Pedicure or replenish with a Botanical Spa Facial etc.
- ❖ Our doctor may provide you with a script for pain relief if needed.
- ❖ Coffee/drinks are complimentary.
- ❖ Our lovely reception team are available to order you snacks/lunch that can be added to your invoice.
- ❖ Please ask your nurse or reception about our ~ Refer a Friend Offer ~.

Please note: There are no restrictions on activity following your treatment. You can resume normal activities immediately though you may be tender or experience mild discomfort.