



## CoolSculpting Post Treatment Instructions

\*Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure. Most patients are able to return to their daily routine immediately after the procedure

\* The treated area may be red for up to a few hours after the applicator is removed.

\*Many patients have minimal discomfort following the procedure; however you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, nausea, bloating, diarrhea, muscle spasms, aching and/or soreness. Please give us a call if these conditions persist beyond two weeks or worsens over time.

\* Wearing compression garments (Spanx, Assets, Under Armor shirts for men) following your CoolSculpting treatment can help alleviate any discomfort that you may have. You can find these at Fred Meyer's lingerie department or on-line

\*Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as four weeks after the CoolSculpting procedure and you will experience the most dramatic results after three months. Your body will continue naturally to eliminate the injured fat cells from your body up to 5 months after your procedure.

\*In rare cases, patients have reported darker skin color, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia or worsening of existing hernia following the CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia. If any of these things occur, please contact us immediately.

\*For best results we recommend not using any anti-inflammatory medications (aspirin, Motrin, ibuprofen) as this may interfere with your body's ability to eliminate fat cells. Instead, you may use Tylenol. If you are prescribed aspirin by your healthcare provider, please contact them before discontinuing this medication.

Ok, now the good stuff that everyone wants to know.... what can I eat?

Green Light Foods - go for it and enjoy these foods as much as you like every day

- Fresh vegetables (except those listed in the yellow light section)
- Fresh fruits (except those listed in the yellow light section)
- Frozen fruit
- Poultry

- Fish
- Seafood & Shellfish
- Beef
- Pork
- Lamb
- Wild Game
- Nuts
- Seeds
- Nut Butters (avoid those with added sugar and hydrogenated oils)
- Coconut Oil
- Olive Oil
- Butter (yep)
- Coconut Milk (unsweetened)
- Almond Milk (unsweetened)
- Hemp Milk
- Unsweetened Greek Yogurt
- Eggs
- Stevia - natural sweetener
- Coconut Flour
- Almond Flour

Yellow Light Foods - eat with caution and moderation

- Dairy
- Deli Meat
- Quinoa
- Steel cut Oats
- Rice Milk (unsweetened)
- Yams
- Sweet Potatoes
- Bananas
- Honey
- Agave

Red Light Foods - these are foods to avoid

- Canned Fruit
- Sugar
- Artificial Sweeteners

- Soda and Diet Soda
- Potatoes
- Corn
- White Rice
- Processed Foods
- Foods & Condiments with added sugar and high fructose corn syrup
- White and Whole Wheat bread (this is different than whole grain)
- Flour and Corn Tortillas
- Vegetable Oils (corn, canola, sunflower, safflower)
- Margarine
- Instant and Quick Oatmeal
- Crackers, Chips, Cookies
- Rice Cakes
- White Rice
- Cereal

Here are some Pearls to help you succeed in maintaining good health

- Drink ½ your body weight in ounces of water EVERY DAY
- Do NOT eat carbs after 2pm
- Be done eating for the day by 7pm
- Get 6-8 hours of sleep every night
- Exercise every day - include weightlifting and stretching
- Eat a protein dense breakfast
- Eat your largest meal at lunch
- Eat protein and veggies for dinner
- If you need a snack in between meals, eat lean protein or healthy fats only
- Weigh yourself the same time every day
- Read food labels - people who do will lose 25% more weight than those who don't

Next steps:

\* Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.

\*Schedule a follow-up medical assessment in 60 days to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

Please call us at 541.298.5066 for severe pain that does not improve with compression garments, ice or heat; as this may represent "late onset pain."

For afterhours assistance, please call us at 541.806.5066