

CoolSculpting Post-Care Instructions

Thank you for choosing Pūr Skin Clinic for your treatment. Proper post-care is essential to ensure optimal results and a smooth recovery. Please review and follow these guidelines.

What to Expect:

- Mild to moderate aching, redness, swelling, tenderness, or numbness in the treated area is normal and may last from a few days to a few weeks.
- Tingling, itching, or temporary firmness may occur as your body naturally eliminates the treated fat cells.
- Bruising may develop, especially if you are prone to bruising. This is temporary and will resolve on its own.

Post-Treatment Care:

- Wear loose, comfortable clothing to avoid unnecessary pressure on the treated area.
- Stay hydrated, drink plenty of water, and maintain a healthy lifestyle to support the body's natural fat elimination process.
- Light exercise is highly encouraged, but avoid intense activity if you experience discomfort.
- If needed, over-the-counter pain relievers like Tylenol can be used to manage mild discomfort or pain.

Results & Follow-Up:

- Visible results can begin to appear as early as **4 weeks**, with full results typically seen around approximately **3 months** post-treatment.
- Follow-up photos are **essential** to track progress and determine if additional treatments are needed for optimal results.
- Additional sessions can be scheduled **every 4 to 6 weeks** if further sculpting is desired.

Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact the Pūr Skin Clinic location that you visited for your treatment.

REFINE THE TRUE YOU

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