

Patient Take Home Guideline

What can you expect?

- *The suction pressure of a vacuum applicator may cause sensations of deep pulling, tugging and pinching. A surface applicator may cause sensations of pressure. You may experience intense stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside as the area becomes numb.
- *The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur. You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are all normal reactions that typically resolve within minutes.
- *Bruising, swelling, and tenderness can occur in the treated area and it may appear red for a few hours after the applicator is removed.
- *You may feel a dulling of sensation in the treated area that can last for several weeks after your procedure. Other changes – including deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, muscle spasms, aching and/or soreness – also have been reported after a Cooltech Define procedure.
- *Patient experiences will differ. Some patients may experience a delayed onset of the previously mentioned occurrences. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.
- *You may start to see changes as early as three weeks after your Cooltech Define procedure, and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.
- *You may decide that additional treatments are needed to reach your desired outcome.
- *In rare cases, patients have experienced vasovagal symptoms during the treatment, and reported freeze burn, darker skin colour, hardness, discrete nodules or enlargement of the treatment area. Surgical intervention may be required to correct the enlargement. Treatment may cause new hernia formation or exacerbate pre-existing hernia, which may require surgical repair. I understand that these and other unknown side effects may also occur.
- *Symptoms and intensity vary by individual patient. Clinical studies performed demonstrate that most of these symptoms are temporary and will subside naturally over time.
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