

## **PRE AND POST CARE INSTRUCTIONS – CRYOLIPOLYSIS**

### **Pre-Care Instructions:**

- Cryolipolysis is a non-surgical procedure that takes one hour per treatment area.
- No topical anesthesia or pain medication is required.
- There typically is minimal to no recovery time after Cryolipolysis.
- Most patients are able to return to their regular daily routine, including work and working out, immediately after the procedure.

**Contraindications:** During the course of your treatments, notify our staff if you are experiencing any of the following contraindications or experience any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

- Pregnant women or who is planning to be pregnant recently.
- With scarring, infection problem on the treatment area.
- History of keloid scarring
- With medication problems that will induce photosensitivity
- Fragile skin(not tender skin)
- Patients undergoing the surgical procedure without consulting with a surgeon 7. Patients with tumors.
- Patients with serious disease
- Patients with low/high blood pressure

### **Post-Care Instructions:**

- When the applicator is initially removed, you may feel a mild to strong sense of nausea or dizziness as your body naturally warms and sensation returns to the treated area. These are normal reactions that typically resolve within minutes.
- Immediately after the procedure, the treated area(s) may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- The treated area may appear red for a few hours after the applicator is removed. This is an expected but temporary effect after Cryolipolysis.
- Nausea and tingling, stinging and mild to moderate cramping in the treated area are often reported on treatment day.
- Bruising and tenderness may occur in the treated area and can persist for several days to weeks.
- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after Cryolipolysis.
- You may feel a temporary dulling of sensation or general numbness in the treated area that can last for several weeks after your procedure.
- Patient experiences will differ. Immediately following Cryolipolysis, most patients have little to no discomfort. Some patients may experience mild to moderate discomfort within the first two weeks following the procedure including: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness, which is generally relieved with Tylenol, Advil, or Aleve. Some patients may experience a delayed onset of pain which can increase in severity peaking within a few days to one week and resolving in 2 weeks. The current reported incidence rate is 0.04%. The exact cause of this is unknown but may be due to inflammation of the nerves and seems to respond well to low dose nerve pain medication. If any unusual side effects occur, including severe pain, or if symptoms worsen over time or keep you from sleeping at night you should contact Le Lux Beautique immediately to make arrangements to be evaluated by a medical provider. If it is after our normal hours of operation, please go the nearest emergency room to ensure the pain is not due to other nonrelated serious problems.
- **Following the procedure**, a gradual reduction in the thickness of the fat layer will take place as your body naturally processes the injured fat cells from your body. You may start to see changes as early as three weeks after Cryolipolysis with full results obtained after four months.
- **Follow up appointment:** More than one treatment may be needed, depending on the size of the treated area and the desired outcome. We encourage patients to return for a follow up appointment and clinical assessment four months after the procedure. During this time we will evaluate the treated area(s) to review your clinical results and discuss the option of additional treatments to achieve your desired level of fat reduction. Weight gain will prevent you from appreciating your full results. We encourage you to maintain a healthy diet and exercise routine after your procedure.