



Coolsculpting:

- ◆ Resume normal activities
- ◆ Increase fluid intake to help speed up excretion of fat cells
- ◆ Manual massage 2 times a day for 2 minutes as tolerated. Area will be tender for several weeks after treatment.
- ◆ Nerve sensation will be diminished for 3-6 wks post treatment. It is normal for skin to feel somewhat numb temporarily after treatment.