



PRE & POST TREATMENT INSTRUCTIONS

★ COOLSCULPTING ELITE

CoolSculpt Elite is an FDA-approved fat-reduction treatment invented in 2007, and millions of sessions have been performed since then. This procedure is one of the best non-surgical contouring treatments available. At Dvida Spa, our experts frequently perform CoolSculpting Elite for Chicago patients.

The CoolSculpting Elite procedure eliminates stubborn fat safely and effectively, without surgery or downtime. This fat reduction treatment is the only FDAcleared procedure to use controlled cooling to safely target and eliminate dietand exercise-resistant fat. CoolSculpting Elite results are proven, noticeable, and lasting, so you'll look and feel great from every angle.





★ BENEFITS

What does it mean to freeze your fat away? It comes down to a science. Fat cells freeze at higher temperatures than surrounding tissues. CoolSculpting Elite technology safely delivers precisely controlled cooling to gently and effectively target the fat cells underneath the skin. The treated fat cells are crystallized (frozen), and then die. Over time, your body naturally processes the fat and eliminates these dead cells, leaving a more sculpted you.

- Despite diet and exercise, fat cells accumulate in the body and can be very tough to get rid of.
- CoolSculpting Elite technology uses controlled cooling (cryolipolysis) to target, freeze, and kill only these fat cells.
- In the weeks to follow, these fat cells are naturally eliminated from the body.
- CoolSculpting Elite results are long-term since treated fat cells are gone for good

PRE-PROCEDURE

- ★ CoolSculpt Elite can not be performed on clients who are pregnant or breastfeeding.
- ★ Wear loose, non-restrictive, and comfortable clothing to your appointment.
- ★ Ensure you arrive to your appointment well-hydrated for optimal results.
- ★ Remove any lotions/creams and jewelry from the treatment area.
- ★ Bring something to entertain yourself while you are receiving treatment.

POST-PROCEDURE

- ★ Most clients can resume regular activities after treatment. Redness, bruising, swelling, numbness, soreness, and sensitivity are to be expected for up to 3 weeks after treatment.
- ★ It is normal to feel slightly bloated in the treatment area for a few weeks after your appointment.
- ★ After 4 weeks you may notice a slight change to the area treated, but it takes a full 8 weeks for the body to eliminate the treated fat cells.
- ★ CoolSculpt Elite is not a weight loss treatment. In order to keep the fat off, it is important to eat a well balanced diet with vegetables and fruits.
- ★ Adding an exercise regimen to your lifestyle will increase lean muscle mass, which will help you maintain your new body and boost your metabolism!
- ★ Consider adding IV Nutrition, Hormone Replacement Therapy or Vitamin B12 shots to maintain your results, boost your metabolism, and flush your lymphatic system.

