

CoolSculpting Pre Operative Instructions

The #1 side effect of the CoolSculpting procedure is soreness. Bruising may also occur.. In order to decrease the risk of bruising, we request that you:

- 1) Discontinue the use of Non-Steroidal anti-inflammatory drugs (NSAIDS) 3 days prior to your CoolSculpting procedure. These drugs include:

- Advil
- Aleve
- Celebrex
- Ibuprofen
- Motrin
- Naprosyn
- Naproxen
- Nuprin
- Relafen
- And any other NSAIDS

- 2) Discontinue drinking wine or alcohol for 3-5 days prior to your procedure.
- 3) Discontinue use of Aspirin (unless taken for medical reasons) for 10 days.
- 4) Discontinue use of Vitamin E, Fish Oil, St John's Wort, Garlic Tablets, Ginkgo Biloba, Ginseng, and any other anticoagulant drugs for 7 days.
- 5) To further decrease the risk of bruising, we recommend using Arnica Pills. If bruising does occur, we recommend Arnica cream. We sell both in our office.
- 6) We ask that you please eat a full meal prior to treating.

Tylenol is the preferred OTC medication for pain after your treatment. If you have any questions, ask your pharmacist if a particular drug is a non-steroidal anti-inflammatory drug.