



COOLSCULPTING®

PRE + POST CARE

PRE-TREATMENT CARE:

- Please eat a good meal prior to your treatment, wear comfortable clothing, and dark undergarments for “before” photos.
- Avoid NSAIDs for 1 week prior to your treatment.

POST-TREATMENT CARE:

- You may resume normal activity as soon as your treatment is complete; there are no restrictions.
- Please avoid ibuprofen or other NSAIDs for 2 weeks.
- Apply your topical Alastin TransFORM to the treated area twice a day for 90-days for best results.