 

**(540) 222-3678**

# COOLSCULPTING HOME CARE INSTRUCTIONS

Your journey has begun. We are here to walk you through this exciting process. Here are some instructions for your Home Care:

1. DO NOT take any anti-inflammatories for 24 hours after treatment please to decrease bruising—unless medically necessary! This means no turmeric, fish oil, Ginko Biloba, Vitamins K, A, D, and E, Ibuprofen, Motrin, Naproxen, Diclofenac, Mobic, Celebrex, etc…or anything else considered an anti-inflammatory. Alcohol may also inhibit your results. **You can take Tylenol** should the need arise for pain or headache within the first 24 hours after treatment.

2. Massage the treated area(s) 3x a day for 2 minutes for 1 week after treatment. It is unknown if massaging past the first week is beneficial or not. If you have purchased **Biopelle’s Body of Knowledge and the firming booster**, we recommend you use this product every time you massage the treated areas. **Instructions for mixing:** THROUGH AWAY THE INCLUDED SPATULA. It is not needed. Simply pour the Firming Booster contents into the Body of Knowledge bottle, replace the lid, and shake until well mixed.

3. We would like to see you back periodically in order to follow your progress. In general, **best results are noted when a second round of treatments are done at 30-45 days from the first treatment round.** Therefore, you will notice we take pictures to add to your medical chart at Baseline (first round of treatment(s)), 1 month (second round of treatments), 2 months, and 4 months.

• 1 month: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• 2 months: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 4 months: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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