

F&B[®]

FACE & BODY

Aftercare - CoolSculpting

CoolSculpting is a cryolipolysis treatment for the removal of fat cells. The fat cells are frozen while keeping the skin cells safe. The frozen fat cells then die and are removed by lymphatic drainage over a four month period, which is when full results show.

Recovery instructions:

We will massage the treated area immediately after treatment. You will be provided with a body product to massage the area everyday for two weeks to help stimulate the process of lymphatic drainage.

Post treatment you should avoid for 48 hours:

- Extreme temperatures.
- Physical exercise that is going to put a strain on the treated area.

Skin is elastic and will usually tighten with the gradual fat loss. However, if your skin was flaccid pretreatment due to weight loss or pregnancy then CoolSculpting will not solve this issue and you should consider extra skin tightening treatments.

Common side affects immediately afterwards:

- Redness and firmness of the treated area.
- Transient bleaching and / or mild bruising

around the edges of the treatment area.

Common side affects for 1-2 weeks afterwards:

- Redness, bruising and swelling.
- Tenderness, bloating, cramping, muscle spasm and aching.
- Itching, tingling and sensitive skin.
- Numbness which can persist for several weeks.

Rare side affects:

The following side effects occur in less than 1% of patients worldwide. The side affects are transient, but if they continue to worsen or last longer than two weeks then please arrange a review to be seen by your practitioner.

- Severe pain requiring pain killers.
- Undulations or nodules.
- Hyperplasia (gross enlargement) of treatment area.

Review procedure

Please schedule your complimentary review appointments at:

- One month to review your treatment recovery.
- Four months to review the results.
- As recommended for further treatments to transformation.

Patient support

Adverse reaction

If you believe you are having an adverse reaction to your treatment, which is outside of the listed common side effects, then please:

- During opening hours [call us](#) immediately.
- Out of hours visit your local hospital's A&E and inform us by email.

If you are able – please document your concern with photographs and email them to us. If our staff tell you to attend the clinic for a physical assessment then you must do so and provision will be made to see you quickly.

Complaints procedure

Everyone expects a positive experience and a good treatment outcome. However, the practice of aesthetic medicine is not an exact science as every individual responds differently to the same treatment. You may require an adjustment or for certain treatment types a reversal. Some treatments can not be adjusted

or reversed. If you are dissatisfied with the service you have received you can read our complaints procedure and submit a complaint at: www.faceandbody.co.uk/complaints

Consumer redress schemes

If you feel that we have not addressed your concerns through our complaints procedure then you may seek complaint resolution for:

- Customer service at the Cosmetic Redress Scheme: www.cosmeticredress.co.uk
- Treatment outcomes through Health Improvement Scotland at: www.healthcareimprovementscotland.org

Request for medical records

You may request a copy of your medical records, which incurs a £25 administration charge. You will need to attend a meeting with the Clinical Director to sign for the documents.

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Regulated by:

