



COOLTONE Pre & Post Care

*Do not schedule during or immediately prior to your menstruation as this procedure may cause intense menstrual symptoms or cause your cycle to start early.

Treatment Day

- Please wear thin clothing that is free of metal. Clothing that is labeled antimicrobial may contain silver.
- Remove any metal piercings

What to Expect

Typically, there is minimal discomfort and recovery time after the CoolTone procedure. Most clients are able to return to their daily routine immediately after the procedure. Common side effects may include temporary muscle spasm, joint or tendon pain, and redness at or near the treatment site.

Aftercare

- Typically, there is minimal discomfort and recovery time after the CoolTone procedure. Most clients are able to return to their daily routine immediately after the procedure.
- CoolTone is not painful and many clients have minimal discomfort following the procedure; however, you may experience one or more of the following sensations: muscular pain, temporary muscle spasm, temporary joint or tendon pain and/or skin redness.
- Subsequent treatments are usually 2-4 days apart over 2 weeks.
- Visible results are often observed approximately 4 weeks after the last treatment, however, you will likely feel the difference earlier.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.