

KYBELLA POST CARE INSTRUCTIONS

- Ice on and off, as needed, on the day of treatment.
- You may take Acetaminophen (Tylenol) if you experience any mild tenderness or discomfort.
- Do not massage the treated areas after treatment.
- After treatment, there will be swelling and possible bruising. You may apply Arnica gel or take Arnica tablets to help decrease the amount of bruising and swelling.
- Sleep on your back with your head elevated for 3-5 days after treatment.
- Use SPF and avoid sun exposure to areas that have been treated until bruising and swelling subside.
- Avoid strenuous exercise for 3-5 days. You may resume other normal activities/routines immediately.
- Drink plenty of water and fluids after treatment.
- Please call your treatment provider immediately if you develop an asymmetric smile, facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptoms worsen.