

KYBELLA PRE CARE INSTRUCTIONS

- Due to swelling, you may want to schedule your treatment at least two weeks in advance of any special events or vacations.
- Avoid the use of Aspirin, Ibuprofen, Advil, Aleve, Motrin, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, Omega-3, and Fish Oil for up to one week before and after your treatment as they will increase your risk of bruising.
- Avoid the use of alcohol 24 hours before and after your treatment to avoid excess bruising.
- You may take Arnica tablets 2-3 days before and after your treatment to reduce the risk of bruising.
- Do not apply potentially irritating products for 1-2 days before and after treatment (examples- tretinoin/Retin-A, glycolic acid, benzoyl peroxide, hydroquinone).
- If you develop a cold, flu, cold sore, or rash in the treatment area prior to your appointment, we recommend that you reschedule your appointment when it resolves.
- Do not use Kybella if you are pregnant, breastfeeding, or are allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the day of treatment.
- You may experience mild tenderness or stinging during treatment.