

KYBELLA PRE AND POST CARE INSTRUCTIONS

Pre-Care Instructions

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance due to swelling
- 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, fish oil for up to 1 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 products that are potentially irritating 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 area to be treated prior to your appointment we recommend that you please reschedule your appointment when it resolves
- Do not use Kybella if you are pregnant or 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 a mild amount of tenderness or stinging during your treatment

Post Care Instructions

- Ice on and off, as needed the day of treatment
- You may take Acetaminophen, Tylenol if you experience any mild tenderness or discomfort
- Do not massage treated areas after
- 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 have subsided
- 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