

KYBELLA 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