



## **Pre and Post-Treatment Instructions Kybella**

### **Prior to Treatment**

- Please inform the office if you are pregnant, breastfeeding, or have any open wounds or sores in the treatment area. If so, you may not be a candidate for Kybella
- Avoid any harsh products on the skin such as Retin-A, retinoids, harsh scrubs, exfoliating products, or bleaching creams 2 days prior to the procedure
- Men: Shave the treatment area 1 day prior to your scheduled appointment
- Schedule your appointment 2-4 weeks prior to any special event which you may be attending, such as a wedding or vacation, due to bruising and possible swelling
- Avoid any anti-inflammatory or blood thinning medication 10-14 days prior to treatment. These medications include Aspirin, Vit E, Ginkgo, Ginseng, St. Johns Wart, Fish oil, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDs. These medications can increase the risk of bruising and swelling after injections.
- Do not consume alcohol 24-48hrs prior to treatment, this will also have a blood thinning effect and increase the risk of bruising
- Consider taking Arnica tablets 1 week prior to treatment to prevent bruising

### **Day of the Procedure**

- Wear loose-fitting comfortable clothing
- On the day of your procedure do not apply any lotions, cream, perfume, or makeup to the treatment area. To decrease the chance of lightheadedness during your treatment, ensure you have had a recent meal prior to your procedure
- Bring a large hat to protect your skin when you exit the office

### **Post Procedure Instructions**

- Avoid extreme temperatures of heat for 24hrs post treatment this includes Jacuzzi, hot tubs, and hot showers
- Try to avoid alcohol and high amounts of sodium for 3 days post-treatment to avoid excessive swelling
- Avoid strenuous exercise for 24hrs post-treatment

- Sleep on your back with your head elevated to decrease swelling
- Ice packs may be used in the treated area for the first 12 hours. Ice for 15mins out of every hour. Discontinue if uncomfortable
- Do NOT massage the injection site. Swelling, tenderness, bruising, numbness, and areas of firm nodules may occur and will resolve over time without intervention. Results are not immediate. Some patients may start to notice results in the 4-6 weeks post-treatment but full results can be 12 weeks post-treatment. Numbness can last up to 12 weeks.
- Do not apply any wraps or bandages to the treatment area to prevent swelling
- You can take ibuprofen 200mg, 3 times a day. Start the day of your treatment and continue for four days.

### **What to Expect**

- You will experience swelling and bruising for 3-5 days post-treatment, which will begin to decrease over a period of a few weeks. Swelling in general can last up to 4-6 weeks
- Many patients need 2-3 sessions for desired results, your second session will be scheduled at a time frame of 4-6 weeks after initial treatment
- You may feel a sensation of heaviness especially if you lie on your back. This can change the way it feels to swallow or may even give you shortness of breath sensation. Kybella does not compromise your airway.
- Very rare serious injury can occur including nerve injury in the jaw. This will cause an uneven smile, facial muscle weakness, or trouble swallowing. This is rare and will resolve with time.

Please call the office if you experience any of the following:

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)
- Significant swelling, dusky discoloration, fever, or difficulty smiling

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

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