



Pre & Post-Care Instructions for Kybella®

Treatment Contraindications:

- You are not a candidate if you are pregnant, breast feeding, or have open sores in the treatment area.

Pre-Treatment Instructions:

- Do NOT use the following products 2 days prior or 2 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products, or bleaching creams (unless instructed otherwise by your provider).
- Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
- Do not apply any creams, lotions, perfume or makeup etc. to the treatment areas prior to be treated, prior to treatment.
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.
- Schedule your Kybella® appointment at least 2-4 weeks prior to a special event which you may be attending, such as a wedding or a vacation (due to bruising and prolonged swelling).
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore, or blemish in the treatment area.
- Avoid anti-inflammatory/blood thinning medications 10-14 days prior and 3-4 days post treatment. Medications such as: Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do NOT consume alcoholic beverages 1 week prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Consider taking Arnica tablets beginning 1 week prior to injections to prevent bruising.

Post-Treatment Instructions:

- Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.).
- Do NOT consume alcohol or sodium for 3 days post treatment to avoid excess swelling.
- Avoid strenuous exercise for 24 hours post treatment.
- Sleep on your back with your head elevated to decrease swelling.

What to Expect:

- You will experience swelling and bruising for 3-5 days post treatment, which will begin decreasing over a period of a few weeks. Swelling can last 4-6 weeks.
- Many patients need 2-3 treatments for desired results, please schedule a follow-up appointment 4-6 weeks after your first treatment.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes every hour. However, icing can be discontinued 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. Results may be seen as early as 4-6 weeks post-treatment, but full results will not be noticed until 12 weeks post-treatment. Numbness can last up to 12 weeks.
- Do not wrap the treated area, and do not take anything to prohibit swelling the day of the treatment or for the days following treatment.
- You may feel a sense of heaviness following the treatment, especially when laying on your back. This sensation may make you feel short of breath. However, Kybella® does not compromise your airway. Notify our office if any significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or if fever occurs.