

Kybella Pre and Post Care Instructions

Treatment Contraindications:

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

Pre-Treatment:

- Do NOT use the following products 2 days prior or 2 days after your treatment (or until pinkness has subsided): RetinA, 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).
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure.
- Do not apply any creams, lotions, perfume or makeup etc. to the treatment areas prior a to be treated, prior to treatment.
- Please notify your provider if you have a history of fainting.
- Schedule your Kybella® appointment at least 2-4 weeks prior to a special event or vacation coming up. Swelling will occur. It is the body's natural, healthy response to go through an inflammation process to remove the fat cells from the body.
- 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. Please consult with your primary physician prior to discontinuing any prescribed blood thinning medications.
- Avoid alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, and spicy foods 24-48 hours before and after your treatment. These items may contribute to increased risk for bruising, swelling, or irritation.
- Consider taking Arnica tablets beginning 1 week prior to injections to prevent bruising.
- If you develop a cold/flu, infection, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- We will not perform Kybella treatments on patients with current or past history of dysphagia “trouble swallowing”, currently pregnant or breastfeeding, with presence of infection at or near the injection sites, or under the age of 18.
- We will take careful consideration in performing Kybella treatments on patients with excessive skin laxity, prominent platysmal bands, enlarged thyroid, enlarged neck lymph nodes, pronounced submandibular glands, prior surgery or aesthetic treatment

to the treatment area, presence of scar tissue in the treatment area, sunburned or irritated skin, and current use of blood thinning agents.

- We will assist and advise in coordinating Kybella treatments when being treated with other aesthetic services to provide optimal results and efficacy of concurrent treatments.

Day of your Treatment

- Arrive to the office with a “clean face”. Please do not wear makeup. You may bring your own makeup to apply after your treatment.
- Your treatment will last 15-20 minutes.

Post-Treatment

- Do NOT massage the injection site
- 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.
- Avoid placing excessive pressure on the treated area(s) for the first few days; when cleansing your face or applying makeup, be very gentle.
- Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.).
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Consider using Arnica tablets to help decrease bruising, swelling, and discomfort.
- Sleep on your back and with head elevated for the next 3-5 days after treatment to decrease swelling and decrease heaviness sensation.
- This sensation may make you feel short of breath. However, Kybella® does not compromise your airway.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for the day of your treatment. You may resume other normal activities/routines the following day.
- Avoid steroids (prednisone), NSAIDS (Motrin, Aleve, etc), alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, and spicy foods 24-48 hours after your treatment. You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of 24 hours (or as directed by your provider) before receiving any skin care, waxing or laser procedures in the treatment area.
- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.
- Please report to your practitioner immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, develop signs of infection, bleeding, excessive pain, discoloration, fever, or if any existing symptom worsens. These are very rare. Please communicate with us.
- Heat or cold packs can be applied for comfort as indicated by your provider.

What to Expect

- Redness and a moderate amount of swelling are normal. 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.
- Difficulty swallowing may also occur due to swelling around the throat.
- You may experience some tenderness, stinging, tenderness, firmness nodules, and burning at the treatment sites that can last for a few hours or a few days. These should resolve over time without intervention.
- Numbness can last up to 12 weeks.
- To maximize your comfort during the procedure, a topical anesthetic and ice may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.
- Depending upon the area(s) treated and product(s) used, you may feel “firmness” in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and “settle”.
- Many patients need 2-6 treatments for desired results, please schedule a follow-up appointment 4-6 weeks after your first treatment
- 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.

Follow up

- In 4-6 weeks. Kybella requires 2- 6 sessions for optimal treatment.