

KYBELLA CARE INSTRUCTIONS

PRE- TREATMENT:

- Ideal times to schedule Kybella is, 2 weeks prior to big event. Thursdays and Fridays are preferred to allow for swelling over the weekend.
- Do inform your nurse or practitioner if you have a history of DIFFICULTY SWALLOWING, medication allergies, history of anaphylaxis, recent surgeries to the area planned to treat and any other medical problems.

POST- TREATMENT:

- Swelling, bruising, redness and inflammation is to be expected 3-7 days after Kybella treatments.
- Ice treated area for 3-5 minutes at a time for added comfort in the first 24 hours.
- To allow for natural healing mechanisms to take place in the body, avoid NSAIDS or any type of oral or injectable anti-inflammatories. Ex. (ibuprofen, motrin, advil)
- Tylenol can be consumed as directed for added comfort.
- Avoid salty foods as this can increase swelling to the areas even more than what is to be expected.
- NO exercise for 48 hours post treatment!
- Elevate the head above the level of the heart with 1-2 pillows to assist with the decrease in swelling.
- Use Arnica Montana gel/cream, as directed, to reduce the appearance of a bruise.
- Bruising can be pin point and can be covered with make-up or concealer.

Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2- 6 sessions for optimal treatment.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call our office for assistance. 903-534-0773