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Kybella Pre & Post Treatment Care Sheet

Before Treatment

- Avoid the use of Aspirin, NSAIDS, and certain vitamins/supplements such as fish oil, St. John's wort, ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks before your treatment as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment.
- You may take *Arnica montana* tablets (an over the counter supplement) 2-3 days prior to your injection to reduce the risk of bruising.

After Treatment

- Ice (but avoid firm pressure) for 15 minutes, 3 times the day of your treatment.
- You may take Acetaminophen (Tylenol) if you experience any mild tenderness/discomfort.
- Do NOT massage treated areas after treatment.
- Sleep on your back with your head elevated for the next 3-5 days after treatment.
- After treatment there will be moderate swelling with the possibility of bruising. These symptoms usually resolve within 7-10 days. Oral consumption and/or topical application of *Arnica montana* after treatment may help to reduce bruising and swelling.
- Avoid strenuous exercise for at least 24 hours.
- Avoid microneedling, laser treatments (IPL), and other invasive procedures of the area for at least 2-3 weeks.
- Please contact us immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, or difficulty swallowing.
- **Follow up Appointment:** A minimum of 2 treatments, however up to 6 treatments may be required for optimal results. The second treatment and future subsequent treatments are recommended to be done every 6-8 weeks until the desired level of correction occurs. If the desired level of correction has not occurred after the second treatment, additional Kybella treatments may be needed.

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