



Kybella Pre and Post Treatment Instructions

Pre-Treatment Considerations

- Schedule your Kybella appointment at least 2-4 weeks prior to any special events (weddings, vacations, etc.) you may be attending. Bruising and swelling are always possible with injectables and may be apparent in this 2-4 week time period.
- Wait 2-4 weeks from other cosmetic treatments to have Kybella. This includes: neurotoxin (Botox, Dysport), fillers (Juvederm, Restylane, Sculptra), lasers, Scarlet, Ultherapy, Microneedling, etc.
- Inform your provider 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 conditions.
- Reschedule your appointment at least 24 hours in advance if you are sick, have a cold, a cold sore is present or have a rash on the area to be injected.
- If you have a history of cold sores, let your provider know. Your provider may prescribe an anti-viral medication prior to treatment.
- Some patients become lightheaded during injectable treatments. Arriving for your appointment well-nourished and hydrated helps to decrease the chances of lightheadedness.
- Arrive for your appointment with clean skin when possible.

Two weeks prior to treatment:

- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve) and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
 - If you have medical concerns or questions regarding the stopping of any of these medications or supplements, please consult with your prescribing physician.
- You may take Tylenol (acetaminophen) for any pain management you may need prior to your treatment.

One day prior to treatment:

- Do NOT consume alcoholic beverages - especially red wine - at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)



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Post-treatment info:

- Kybella creates an inflammatory response. As the fat cells begin to break down, inflammation is expected.
- Minor swelling, bruising, redness, numbness, and inflammation is to be expected days to weeks after Kybella treatment.
- Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
- Apply (over the counter) Arnica cream to the treatment area to help decrease the bruising, swelling, and discomfort.
- Continue avoiding anti-inflammatory/blood thinning medications, if possible, for a period of 3-7 days following treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve) and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
 - If you have medical concerns or questions regarding the stopping of any of these medications or supplements, please consult with your prescribing physician.
- You may take Tylenol (acetaminophen) for any discomfort.
- If you were given a wrap for the injected area, use it for comfort only. The wrap does *not* enhance results.
- Avoid vigorous exercise for 48 hours post treatment.
- Sleep face-up, elevated on pillows for three to seven days to help with swelling.
- Good hydration is important for healing. Drink plenty of water and fluids after treatment.
- Avoid touching, pressing, rubbing, massaging, or any kind of manipulation to the treated area.
- Avoid sun and heat exposure until treated area is healed.
- Report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.
- Discuss with your provider timing of future cosmetic treatments

Schedule your next Kybella appointment in four to eight weeks. Kybella requires a series of treatment in most situations for optimal outcomes.

Please call our office if you have any questions or concerns.