

Kybella® Instructions

BEFORE TREATMENT

- You will not be treated if you are pregnant or nursing, have difficulty swallowing, have a nerve injury or weakness in the lower face, or have an infection in the area. Inform your medical provider if you are on blood thinners or have had or surgery of the lower face or neck.
- Avoid aspirin, Ibuprofen (Motrin / Advil), NSAIDS (Aleve), Vitamin E, St. John's Wort, and Fish Oil supplements for 7 days prior to the procedure. These medications will increase your risk of bruising. Tylenol will not cause bruising and is preferred for the week prior to treatment. You may take Tylenol 1000 mg (acetaminophen) one hour prior to your scheduled appointment.
- Plan your procedure so that you can have 4 days before returning to work or important social engagements.
- Have Ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.

AFTER TREATMENT

- Expect swelling and redness after your treatment. You may also experience bruising, pain, numbness, and induration. This generally resolves after 5-7 days, but for some patients, it may last up to 14 days. If the symptoms continue beyond 10 days, please contact the office.
- Do not massage or manipulate the injection site.
- Avoid heat or ice to the area. Extremes of temperatures interfere with the effectiveness of Kybella treatment.
- No strenuous activities for 3 days following treatment.
- Sleep with your head elevated on 2-3 pillows.
- Do not scratch, pick, or traumatize the area in any way.
- You may apply your usual skin care regimen and sunscreen normally.
- Please call the office if you have any difficulty swallowing, crusting, scabbing, or notice asymmetry of your smile.