

Pre/Post treatment instructions for **Kybella Injection**

Before Treatment:

- Avoid any Aspirin, Vitamin E, or blood thinners 10 days prior to treatment. NSAIDS, St. John's Wort, Aleve, or Fish Oil supplements 5 days prior to treatment. These have a tendency to cause more bruising. Consult your doctor before stopping meds. You may take Extra Strength Tylenol 1 hour prior to treatment. Also stop all allergy/antihistamine medicines 2-3 days prior.
- Plan your procedure around any social engagements with 4 full days of recovery due to mild/moderate swelling
- Start arnica 2-3 days prior as well.

After Treatment:

- Initially after treatment, you should expect mild burning and pain that will last 15-20 minutes. Redness, swelling, bruising, numbness, and induration may last 3-5 days. Some may potentially last up to 10 days.
- You may ice off and on 15 mins on, 15 mins off for first 1-3 days. Extra Strength Tylenol for pain. No Motrin or Ibuprofen.
- No strenuous activity for 3 days following.
- Sleep with head elevated on 2 pillows for the first 48 hours.
- You may continue normal skin routine after the first 24 hours. Make sure sunscreen is applied generously.
- Expect loose skin the second week followed by skin tightening and itching on week 3 and 4. Treatment results are noticed up to 6-8 weeks. Any abnormal symptoms, scabbing or swelling, please do not hesitate to call the office 706-868-9500
- Follow up in 8 weeks to determine the need for a 2nd or 3rd treatment.



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