

BEFORE KYBELLA INSTRUCTIONS

- If you have a special event coming up, please keep in mind that you may want to schedule your treatment at least 2-3 weeks in advance.
- It is recommended to discontinue the use of aspirin, Motrin, ginkgo biloba, garlic, flax oil, fish oils, Vitamin A, Vitamin E, Vitamin D or any other essential fatty acids 4 days before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
- If you develop a cold/flu, infection, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- Kybella treatments are not recommended for patients with current or a history of dysphagia (trouble swallowing), currently pregnant or breastfeeding, with presence of infection at or near the injection sites or under the age of 18.

AFTER KYBELLA INSTRUCTIONS

- Do NOT, touch, press, rub, massage, or manipulate the treatment area.
- 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.
- Apply (over the counter) Arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort.
- Use Tylenol as needed for discomfort.
- Sleep on your back and with head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment. Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid alcohol, NSAIDs, niacin, high-sodium foods, spicy foods and cigarettes 24-48 hours after your treatment.
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the Kybella treatment area.
- Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or other concerning symptoms.
- If you have any further questions or concerns, please call us at (303)647-5307.