



Kybella Pre & Post Treatment Guidelines

Pre-Treatment Instructions:

- Please do not use any blood thinners such as aspirin, Advil, Motrin Ibuprofen 1 week prior to your procedure as this may increase your risk of bruising. Tylenol is fine.
- Please Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
- Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.

Post-Treatment Instructions:

- You will experience swelling and bruising for 3-7 days post treatment and will begin decreasing over a period of the next few weeks. Remember, swelling is a good thing and means we are targeting the desired fat cells.
- If you have swelling you may apply ice or a cool compress for 5-10 minutes each hour. and take Tylenol to ease discomfort.
- Avoid NSAIDS or any anti-inflammatory to allow for the body's natural healing mechanism to take place.
- Sleep on your back with your head elevated the first night to decrease swelling.
- Do NOT excess sodium for 48 hours post treatment to decrease excess swelling.
- Avoid strenuous exercise for 24 hours post treatment.