



KYBELLA AFTERCARE INSTRUCTIONS

Pre-Kybella Instructions:

- δ DO take ibuprofen or Motrin, or Advil 600mg about 1 hour before your appointment.
- δ The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.
- δ DO inform your nurse or physician if you have a history of DIFFICULTY SWALLOWING, medication allergies, history of anaphylaxis, and any other medical problems.
- δ DO inform your nurse or physician of all medications you are currently taking.

Post-Kybella Instructions:

- δ After the treatment, DO hold ice packs on the areas that are treated with Kybella gently for a few times that day.
- δ Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days but may last up to two weeks.
- δ DO resume all normal activities include exercise as long as it is comfortable for you.
- δ DO take ibuprofen, motrin, or advil if needed for discomfort after the treatment.
- δ Avoid using Aspirin as it can further thin your blood and delay the healing process.
- δ If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- δ Bruising can be covered with makeup. Examples: Dermablend (available at CVS or Macy's).

Remember to schedule your next appointment in 4-6 weeks.

KYBELLA requires 2-4 sessions for optimal treatment.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.