



KYBELLA PRE/POST TREATMENT

PRE-TREATMENT INSTRUCTIONS

- I. Before receiving Kybella, tell your healthcare provider about all of your medical conditions, including if you:
 - A. Have had or plan to have surgery on your face, neck, or chin.
 - B. Have had cosmetic treatments on your face, neck, or chin.
 - C. Have had or have medical conditions in or near the neck area.
 - D. Have had or have trouble swallowing.
 - E. Have bleeding problems.
- II. You may not be pregnant or nursing.
- III. To decrease the chance of bruising at the injection site, please avoid all blood thinning medications (aspirin) and supplements (fish oil) for 1 week prior to your Kybella® appointment. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition and do not discontinue them.
- IV. For comfort, you may take Ibuprofen 30 minutes prior to your appointment time.

POST-TREATMENT INSTRUCTIONS

- I. Apply ice to the treatment area for 20-30 minutes to manage discomfort as needed.
- II. Take over the counter pain or anti-inflammatory (800 mg ibuprofen) medication for pain if needed every 8 hours.
- III. Avoid strenuous exercise for at least 24-48 hours.
- IV. Avoid rubbing, massaging, or scrubbing injection sites for 24 hours after treatment.
- V. Follow up Appointment: 2-5 treatments may be required for optimal results. The second treatment and future subsequent treatments are recommended to be done every 2 months.

WHAT TO EXPECT AFTER YOUR TREATMENT

- I. Expect swelling, bruising, and redness in the treatment area that typically lasts an average of 5 days but can last up to 2 weeks in some patients.
- II. Expect numbness and areas of hardness in the treatment area that can last up to 4 weeks post injections.
- III. Alopecia (hair loss) can occur in the treatment area.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US AT 816-359-3310