



HEARTLAND AESTHETICA  
CURATED BEAUTY

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**Kybella Pre-Treatment:**

- **Do not drink alcohol** at least 48 hours prior to treatment, it may thin blood and cause increased bruising.
- **Avoid anti-inflammatory and blood thinning medications** 2 weeks prior if possible. This helps minimize bleeding and bruising at the injection site. Anti-inflammatory medications include Motrin, Ibuprofen and Aleve. Blood thinning medications prescribed by a physician should not be stopped. Over the counter medications include **Aspirin, Fish oil, Ginko, St. John's wart, Garlic, Vitamin E and Omega's**
- **Kybella must not be administered** if you have had any vaccines, procedures, or dental work in the past two weeks and for an additional two weeks after treatment.
- **Discontinue topical products** such as Retin-A, glycolic acid, alpha hydroxy acid, or any anti-aging products 3 days prior and 3 days after treatment.
- Be sure to have a snack and fluids prior to your treatment, this will decrease your chance of feeling lightheaded or dizzy.
- Avoid exercise 6 hours prior to treatment to help decrease bruising.
- If you are pregnant or breastfeeding, you are **NOT** a candidate
- You may use **Tylenol** before and after treatment for discomfort.
- To help with bruising and swelling you may discuss **Arnica** with your provider and may begin as early as two weeks prior to treatment. You can purchase this over the counter at any Health food store.
- Plan your procedure so that you can have 2 weeks before important social engagements.
- **Eat or drink fresh pineapple fruit or juice** to decrease swelling and bruising. Pineapple contains **Bromelain** a proteolytic enzyme that has been scientifically proven to prevent and reduce swelling. If you prefer a tablet form of Bromelain you can start 2-3 days prior to treatment. Take 500mg (gdu), two times daily. This can be purchased at any Health food store.