

KYBELLA

Pre-Treatment

- Do NOT use the following products in the treated area 2 days prior and for 7 days after your treatment: Retinol, or similar vitamin A compounds, harsh scrubs or exfoliating products, or bleaching creams.
- Gentlemen: Shave the treatment area the day before your scheduled treatment.
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please notify the provider if you have a history of fainting.
- Schedule your Kybella® appointment at least 3-4 weeks prior to a special event which you may be attending, such as a wedding or a vacation (due to risk of bruising and prolonged swelling).
- Reschedule your appointment at least 24 hours in advance if you have a severe rash, cold sore, or breakout in the treatment area.
- Avoid anti-inflammatory/blood thinning medications 72 hours prior and for 3-4 days post treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do NOT consume alcoholic beverages 48 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Consider taking Arnica tablets beginning 1 week prior to injections to prevent bruising.

Post-Treatment:

- Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers, etc.).
- Do NOT consume alcohol or high sodium content foods for 3 days post treatment to avoid excess swelling.
- Avoid strenuous exercise for 48 hours post treatment. Gentle walking and light weight lifting may be done after 24 hours.
- Sleep on your back with your head elevated to decrease swelling.
- If bruising occurs arnica lotion may be applied to the bruises to aid in healing.

