

## **Pre and Post Care for Kybella Injection**

### **Pre-Instructions:**

- You should not be pregnant, nursing an infant, have a history of a bleeding disorder, autoimmune disease or infection of the area to be treated.
- The morning of your treatment you should take tylenol if you are able to tolerate this medication.
- Please avoid alcohol and drugs 48 hours before your treatment.
- Avoid blood thinners (plavix, coumadin, aspirin, motrin, alleve, or celebrex) for 48 hours before your treatment.
- Avoid applying lotion or makeup to the area being treated the day off your treatment.

### **Post Care Instructions:**

- Ice packs may be used to the treated area during the first 12 hours – ice for 15 minutes on every hour.
- Do not massage the injection site.
- Take tylenol 500mg up to four times daily beginning the day of your treatment and for the following four days
- Avoid exercise for 24 hours.
- Avoid alcohol, plavix, coumadin, aspirin, motrin, alleve, or celebrex for 24 hours after your treatment to reduce bruising.
- Arnica and bromelin may reduce bruising and area available for purchase.
- Notify the office if any significant, swelling, bleeding, pain, dusky discoloration, fever or difficulty swallowing or smiling.
- As explained not all submental fullness will respond to Kybella. There may be alternate treatments available.
- Repeat treatments should be scheduled 4-6 weeks apart.
- We will take an after photo no sooner than 6 weeks after your last treatment.