



### **Kybella Injectable**

***Contact our office with any questions or concerns at 210-245-4050***

#### **Pre-Treatment Instructions**

- Kybella should not be used in patients who are pregnant, nursing, or trying to get pregnant, those with severe allergies, and should not be used in areas of active inflammation or infection (ex: cysts, pimples, rash)
- You should not get this procedure if you currently have or have history of nerve damage, facial paralysis, facial movement issues, difficulty swallowing, bleeding problems, and/or prior or planned surgery of the lower face and neck
- Inform your provider if you have had any recent procedures (cosmetic, surgery, laser or other), any recent illness, or are currently taking blood-thinners
- Avoid taking NSAIDs (ex: ibuprofen, Motrin, Advil, Aleve), aspirin, or fish oil for at least 1 week prior to treatment as these medications will make you more likely to bruise
- Avoid alcohol or heavy exercise 24 hours prior to treatment
- If you are a male, you should come clean shaven to the treatment
- A minimum of two treatments is recommended, but you may require up to 4-6 treatments for optimum results

#### **Post-Treatment Instructions**

- You may experience redness, swelling, bruising, numbness, and mild discomfort for 3-10 days or even up to 14 days in some cases
- Swelling is usually significant in the first couple of days; some patients report looking like a "bullfrog" with a lot of swelling in the skin underneath the chin (this is normal)
- Numbness and mild discomfort can persist for several weeks (this is normal)
- Apply a cool compress or ice for 15-20 minutes every hour for comfort and swelling reduction
- Ibuprofen or Tylenol may be taken for any discomfort
- Do not rub or massage the treated area
- Avoid alcohol, heavy exercise, and a high dietary salt intake for 24 hours after treatment
- Try to sleep upright and slightly elevated for the first 48 hours to take pressure off your neck
- Use only gentle cleansers until skin is completely healed
- Avoid skin irritants such as Retin-A, Differin, Tazorac, glycolic acid, and harsh or exfoliating products until redness and swelling resolve
- Makeup may be used as long as the skin is not broken or irritated
- For males, do not shave until 3 days after treatment
- Avoid any major dental work (excluding routine cleanings) for 2 weeks after treatment
- Contact our office if you experience any of the following: severe or extended pain, redness, swelling, numbness or any signs of infection, have trouble swallowing, or have an uneven smile
- For optimum results, schedule your next treatment within 6-8 weeks