

Kybella POST - TREATMENT INSTRUCTIONS

- Do NOT, touch, press, rub, massage, or manipulate the treatment area.
- Ice the treated areas for the next 24 hours. Place the icepack (wrapped in cloth or gauze) on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
- Apply Arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort. A chin strap or an ace bandage helps relieve the discomfort of swelling.
- Take acetaminophen and/or pain reliever if needed to decrease post treatment discomfort.
- Sleep on your back and with head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for 24 hours after treatment.
- Avoid alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or microdermabrasion to the Kybella treatment area.
- Please call our office at 805-983-1999 immediately, if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any other concerns.