

Kybella (Non-invasive fat reduction) Instructions

Pre-Kybella Instructions:

Take ibuprofen or Motrin, or Advil 600 mg about 1 hour before your appointment.

Inform your nurse if you have a history of DIFFICULTY SWALLOWING, medication allergies, history of anaphylaxis, and any other medical problems.

Post-Kybella Instructions:

After the treatment, hold ice packs on the areas that are treated with Kybella gently for a few times that day.

Kybella can cause serious side effects including but not limited to nerve injury in the jaw that can cause an uneven smile or facial muscle weakness and trouble swallowing. The most common anticipated reactions can include swelling, bruising, pain, numbness, redness, and areas of hardness in the treatment area. Additional side effects may include infections at the injection site and ulceration and/or scarring to the injections site.

To avoid severe bruising, avoid consumption of alcohol for a minimum of 6 hours and refrain from taking blood thinners such as aspirin for several days.

Avoid exercise for at least 24 hours and avoid rubbing, massaging or scrubbing the injections sites for 24 hours post treatment.

NO facials, chemical peels or laser treatments for 14 days after your treatment.

Treated areas may be red, inflamed, swollen, and bruised for the first 14 days.

Take ibuprofen, motrin, or advil if needed for discomfort after the treatment.

If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.

Bruising can be covered with makeup. Examples: Dermablend (available at CVS or Macy's) or Colorescience Corrector Palette.

Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2-6 sessions for optimal treatment.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance #527-8127.