

Kybella® Pre-Treatment Instructions

You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the lower face, or an infection in the area.

Inform your medical provider if you are on blood thinners or have had procedures or surgery of your lower face or neck.

Avoid aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve), and Vitamin E, St. John's Wort, and fish oil supplements for 5 days prior to the procedure. These medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Acetaminophen (Tylenol) will not cause bruising and is preferred for the week prior to treatment.

Plan your procedure so that you can have 4 full days before returning to work or significant social engagements.

Have ibuprofen (Motrin, Advil) and an antihistamine (such as Zyrtec) available at home for discomfort and itching that may result from the procedure.

Kybella® Post-Treatment Instructions

After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. These normally last less than 5 days but can last up to 14 days. If the symptoms continue beyond 10 days or if other reactions occur, please contact our office.

Do not participate in strenuous activity for 3 days following treatment.

Sleep with your head elevated on at least 2 (preferably 3) pillows.

Do not scratch, pick or traumatize the area in any way.
Do not massage or manipulate the injection site.

You may resume your normal skin care and sunscreen regimen.

Call our office if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.

I understand and will follow these pre and post treatment instructions.

Client Name (Printed): _____

Client Signature: _____ Date: _____