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KYBELLA PRE & POST-CARE INSTRUCTIONS

BEFORE YOUR TREATMENT:

- You will be swollen and potentially bruised for approximately 3-5 day after the treatment. It is best to plan the procedure 2 weeks before an event.
- Avoid blood thinning medications (aspirin, ibuprofen, vitamin E, Aleve etc.) for 14 days prior to your procedure.
- Prior to and after the procedure you can take **Tylenol** for discomfort - You can take 2 Extra Strength Tylenol Every 6 hours as needed, not to exceed 3 g in one day.
- PLEASE TRY TO LIMIT YOUR SMOKING and ALCOHOLIC BEVERAGES BEFORE AND AFTER THE TREATMENT AS SMOKING INTERFERES WITH HEALING.

WHAT TO EXPECT AFTER TREATMENT:

- For most patients, downtime with Kybella is minimal and occurred most commonly after the first treatment session.
- The most common side effects are swelling, bruising, pain, numbness, redness, and areas of hardness in the treatment area.
- Call your doctor if you develop an asymmetric smile, facial muscle weakness, difficulty swallowing, or if any existing symptom worsens.
- Apply ice or a cold pack to the treatment area for 10 to 15 minutes as needed.

If you have any questions or concerns, please call the office at 203-635-0770.