

# KYBELLA®

## Treatment Instructions

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### KYBELLA® PRE TREATMENT INSTRUCTIONS

#### TWO WEEKS BEFORE INJECTIONS

- **Foods and Medications to Avoid.** Two weeks before your appointment try to avoid nuts, seeds, fish, fish oil, NSAIDs, supplements, and anything that prolongs bleeding. This will significantly help minimize bruising, bleeding and swelling.
- **Arnica Supplements.** You can start Arnica supplements a week prior to injection to help with post injection bruises. Arnica helps to speed up the fading away of bruises.
- **Medications and Supplements.** Talk to your primary care doctor or physician specialist. If you are on blood thinners you may need to stop these a few days to weeks prior to your treatment. Speak to your prescribing physician regarding safety of stopping and restarting these medications. We do not recommend patients that are on life saving medications stop their medications in order to have any cosmetic procedures performed.

#### DAY OF INJECTIONS

- **Eat and drink before your treatment.** It is not uncommon for patients to “pass-out” or get lightheaded during their injection. Having a good blood sugar and being hydrated will make it less likely that you will feel queasy during your treatment.
- **Men with beards should shave area under the chin.** Men who have a beard should shave the part of their beard under their chin. A beard will interfere with the doctor’s ability to make markings on the skin for the injection sites, potentially displace the trajectory of the injection needle and distort the true appearance of the jaw line.
- **Minimize make up and lotions.** Minimize make-up, in and around areas where you would like to get injections performed. Our medical assistants will remove your make-up prior to treatment. You can bring make-up with you to apply immediately after your treatment.
- **20 – 30 minutes of topical numbing recommended.** We recommend numbing cream application prior to dermal injections. The numbing cream needs 20 – 30 minutes to exert its full effect, hence we ask all our filler injection patients to come a little earlier to allow for the numbing time.
- **Reserve your next appointment.** Kybella® injections are typically repeated in 4-6 weeks following the initial session. Most of our physician’s book out months ahead and we prefer

to never double book patients. We always recommend that you schedule your next appointment before leaving.

## KYBELLA® POST TREATMENT INSTRUCTIONS

After your Kybella® injections it is normal to have some swelling, pinpoint bleeding and bruising underneath the chin. Due to the numbing cream applied for your procedure you will still feel numb for another 1-2 hours after your procedure. Please be sure to follow our post procedure instructions in order to minimize swelling, bruising and decrease downtime.

The initial results from Kybella® can be seen in just one to two sessions. Although more than one Kybella® treatment is required for optimal benefits, once the full series has been completed, no further maintenance is needed. The fatty tissue, once eliminated, will not return. This means that the results from Kybella® are permanent.

- **Ice Area.** Use a small bag of frozen peas in a sandwich bag or crushed ice to gently ice the area. No heavy ice bags. Ice for 20 minutes on and 20 minutes off. Continue the icing for 48 hours if possible.
- **Minimize Strenuous Exercise:** We recommend no strenuous exercise for 48 hours in order to reduce swelling and bruising.
- **Do not manipulate or massage or rub or poke the area.** Do not massage or manipulate the treated area which will be quite swollen after Kybella® injections. You may shower and wash your face with gentle cleanser. Avoid facials, chemical peels or laser treatments on the treated area for 14 days.
- **Concealer can be used to cover up any bruises after injections.** Use make-up, moisturizers, sunscreen and concealer the next day to cover up bruises.
- **Take Arnica supplements.** Arnica supplements can quickly help reduce appearance of bruises.
- **Sleep with head propped up on 2-3 pillows.** For the first 2-3 days sleeping with your head propped up on 2-3 pillows can help minimize swelling under the chin area. Swelling should begin to improve after about 48 hours.
- **Pineapples help to minimize swelling after injections.** Pineapples have natural anti-inflammatory properties to them that help to minimize swelling after injections.

- **Do not prematurely evaluate results.** The first few days after your treatment the treated area will be swollen; it will take weeks for results to become noticeable. We recommend not evaluating results until completing your course of treatment.
- **Take Tylenol for Pain:** It is normal to experience some pain and sensitivity in the area of the injections. Most patients find that Tylenol can help relieve this post-injection pain. Avoid NSAIDs such as Motrin and ibuprofen as these can make swelling and bruising worse.

## **WHAT TO EXPECT**

- **Bruising.** Bruises may last 1-2 weeks. Bruises can show up several days after the treatment.
- **Swelling, Inflammation and Redness.** Swelling will be the worst the first two days and is mostly due to localized inflammation. Initial swelling can take up to 2 weeks to settle. Sleeping propped up and icing can minimize this side effect. Avoid exercise first 48 hours or longer as swelling increases when working out.
- **Asymmetry.** Asymmetry initially is mostly secondary to swelling and any bruises that have formed under the skin. After a few weeks swelling will start to diminish and the fat melting results will begin to be noticed.
- **Localized “Hardening” Under the Skin.** As the fat starts to melt it can form hardened nodules. Your physician will advise you when to start massaging the nodules to facilitate them dissolving quicker

## **WHEN TO CONTACT US**

- Uneven smile or facial muscle weakness
- Trouble swallowing
- Injection site ulceration or tissue cell-death
- Unacceptable deformities or asymmetries in the treated areas
- Hair loss (alopecia) in treated area