



KYBELLA™

PRE-TREATMENT INSTRUCTIONS

- Avoid Aspirin, Ibuprofen (Motrin, Advil) as well as other NSAIDS like Aleve and steroids. It is also recommended to stop taking vitamin E, St. Johns Wart, red wine and fish oil supplements. Avoiding these substances helps prevent bruising.
- Be sure to inform your provider of any medical history changes, difficulty swallowing, infections, allergies, neck pathologies, lymph swelling, or thyroid enlargement.
- Avoid dental procedures and vaccinations two weeks prior to treatment

TREATMENT EXPECTATIONS

- We expect and want to see swelling (typically lasts 3 to 10 days). The swelling is a normal part of the process. Please be patient, it will come down.
- You may experience bruising and numbness. The numbness may last for several weeks and is completely normal.
- The treated area may feel firm when touched and lumpy, this is normal as your body works to eliminate the fat cells through the natural inflammatory process.

POST TREATMENT INSTRUCTIONS

- It is normal to expect swelling, redness and possibly mild pain immediately after treatment. You may have some bruising, tenderness and numbness in the area. Numbness may last up to several weeks post treatment.
- Do not take anti-inflammatory medication 3-5 days after treatment. We don't want to inhibit the swelling as that is part of the natural treatment process.
- After 24 hours, feel free to use a warm compress on the treatment area and gently massage any bruising in a circular motion and down the neck (ideally using arnica cream). This will not only help the bruising dissipate but it will also help to speed up healing in general.

IN EMERGENCY SITUATIONS: Call 911 & call/text 480.454.5577

- Difficulty breathing or swallowing.
- Intense pain in the treated area.
- If you aren't sure if what you are experiencing is normal - call or email us!