



## **Kybella Pre/Post Treatment Instructions**

### **Pre Care Instructions**

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury 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.
- If you have been prescribed medications, ask your doctor before you stop taking it.
- To avoid possible discomfort, you may take ibuprofen one hour prior to your scheduled appointment.
- Plan your procedure so that you can have 5 full days before returning to work or important social engagements.
- Have ibuprofen (Motrin, Advil) available at home for discomfort that may result from the procedure.

### **Post Care Instructions**

- After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last 5 days, and for some patients may last up to 15 days. If other reactions occur, please contact the office.
- You may apply ice to the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring.
- Do not participate in strenuous activity for 3 days following treatment
- Sleep with your head elevated
- Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.
- You may apply your normal skin care regimen and sunscreen normally.
- Call the office at (734) 249-8722 if you have any difficulty swallowing, crusting or scabbing or any other unusual symptoms.