



Recommended Pre & Post Procedure Guidelines for Kybella

Pre-Treatment Instructions

- 7 DAYS BEFORE treatment, discontinue blood thinning medications such as Aspirin, Motrin, Ibuprofen, and Aleve. (If you have a cardiovascular history, please check with your doctor prior to stopping the use of blood thinners).
- 7 DAYS BEFORE treatment, avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any “active” anti-aging products.
- AVOID waxing, bleaching, tweezing, or using hair removal cream on the area to be treated.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Plan your procedure so that you can have 4 full days before returning to work or important social engagement.

What to Expect

- Redness in the treated area and moderate swelling are normal, as is some visible bruising. Swelling around the throat may cause minor difficulty when swallowing.
- You may experience some tenderness, stinging, and/or burning at the treatment sites that can last for a few hours or a few days.
- A topical anesthetic and ice will be applied during the procedure to maximize your comfort.
- Your provider may massage the treated area(s) following the injection which can result in a temporary redness to your skin.
- You may feel “firmness” in the treated area(s) for 1 to 2 weeks after treatment which will soften and settle over time.

Post-Treatment Instructions After Kybella

- Do NOT touch, press, rub, massage, or manipulate the treatment area.
- Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
- Apply (over the counter) Arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort or take Arnica oral supplement as prescribed.
- Take (over the counter) acetaminophen and/or pain reliever if needed to decrease post-treatment discomfort.
- Sleep on your back and with the head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.



- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or microdermabrasion to the Kybella treatment area.
- Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.