



Kybella Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period of 2-6 weeks depending on treatment.

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.

- PREPARING FOR YOUR TREATMENT -

For **24-48 hours** before treatment, limit high sodium foods, caffeine and alcohol.

Avoid Treatments that may irritate the skin, 1-2 weeks prior. This includes waxing, depilatories etc.

***Do NOT take Aspirin, Vitamin E or products containing fish oil for 1 week prior your treatment.**

Kybella cannot be received if you:

- +Have an infection in the treatment area
- +Have lymph glands that are enlarged
- +Had surgery in the chin, neck of lower face
- +Are pregnant or plan to become pregnant
- +Are breastfeeding
- +Have or had trouble swallowing
- +Have or had medical conditions near the neck area

Item Checklist

*HA5 Hydra Collagen & TNS Advanced Serum available for purchase
Gentle Cleanser
Sunblock (SPF 50+)

- THE DAY OF YOUR PROCEDURE -

DURING TREATMENT

- **The Treatment consists of injections of Kybella using a fine point needle.** For comfort, an icepack will be applied during the treatment.
- **During the treatment, achiness in the treated area will occur.** This discomfort is resolved with 1000mg of Tylenol which will be offered at the conclusion of the treatment.

AFTER TREATMENT IS COMPLETED

- **Immediate swelling is expected after the treatment is completed.** Application of an ice or cold pack to the treatment area for 10 to 15 minutes may help with comfort and reduction of swelling.
- **Swelling may last up to two weeks.**
- **Numbness for several weeks (up to six) is very common and will resolve.**
- **Areas of hardness or firm lumps are common and are part of the healing process.**
- **Other side effects that may occur include bruising, pain and redness.**

SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.

