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## **Kybella Pre and Post Treatment Instructions**

### PRE TREATMENT

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Do NOT use the following products 2 days prior or 2 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
- Avoid Aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, and fish oil supplements for 5 days prior to the procedure, these medication may make you more likely to bruise. IF you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment. To avoid possible discomfort, you may take 1g of Acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment.
- Gentlemen: Shave the treatment area one day BEFORE your scheduled treatment. Not the day of treatment (unless instructed otherwise by your provider).
- Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- Schedule your Kybella appointment at least 2 weeks prior to a special event, which you may be attending such as a wedding or a vacation (due to bruising and swelling).
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.

- Consider taking Arnica tablets 1 week prior to injections to prevent bruising. (Usage: Dispense 5 pellets under your tongue 3 times daily.)

## CONTRAINDICATIONS

You are not a candidate if you are pregnant or breast feeding. You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or 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.

## POST TREATMENT

- Apply sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
- Do NOT pick, rub or scratch any scabs or dry skin that may appear. Do not massage or manipulate the injection site. This may cause unwanted side effects such as darkening of skin and/or scarring.
- Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.)
- Do NOT consume alcohol or sodium for 3 days post treatment to avoid excess swelling.
- Do not participate in strenuous activity for 3 days following treatment
- Sleep on your back with your head elevated to decrease swelling. Use at least 2 and preferably 3 pillows.

## EXPECTATIONS

- You will experience swelling and bruising for 3-5 days post treatment and will begin decreasing over a period of the next few weeks.
- If you have swelling you may apply a cool compress for 15 minutes each hour and take Tylenol to ease discomfort.
- Many patients need 2-6 treatments for desired results, please schedule a follow-up appointment 4-6 weeks after your first treatment.

Call the office at (808) 339-3595 if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.