

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

### Pre-Treatment Instructions:

- 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).
- Gentlemen: Shave the treatment area one day before your scheduled 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.

### Post-Treatment Instructions:

- Do NOT pick, rub or scratch any scabs or dry skin that may appear. 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.
- Avoid strenuous exercise for 24 hours post treatment.
- Sleep on your back with your head elevated to decrease swelling.

### What To Expect:

- 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.