



## **Kybella Pre and Post Care Instructions**

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### **Pre-Treatment**

- Kybella should not be used in patients who are pregnant, nursing, or trying to get pregnant, have experienced hypersensitivity in the past, or those with severe allergies.
- You should not get this procedure if you currently have or have a history of: nerve damage, facial paralysis, facial movement issues, difficulty swallowing, bleeding problems, and/or prior surgical treatments or medical conditions on or near your face, neck or chin.
- It is recommended that you take ibuprofen or Advil 600mg about 1 hour before your appointment.
- The ideal time to schedule this procedure is at least 2 weeks before a big event.
- If you are a male, you should come clean shaven (neck) to the treatment.
- Do not schedule major dental work for 2 weeks after your treatment.

### **Post-Treatment**

- After the treatment, gently hold ice packs on the areas that are treated with Kybella for a few times that day.
- Do not rub the area treated. Do not massage the area.
- Avoid strenuous exercise and alcohol for 24 hours after treatment.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- Numbness is common for the first few weeks to month.
- It is OK to resume all normal activities include exercise as long as it is comfortable for you.
- It is OK to take ibuprofen, Motrin or Advil if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel or take bromelain supplements to help bruising resolve faster. Bruising can also be covered with makeup.
- You should immediately notify Revive medical staff if you experience severe or extended: pain, redness, swelling, bruising, lumpiness, sign of infection, blood supply compromise, trouble swallowing, uneven smile or trouble with moving the mouth/chin. Signs of blood supply compromise include blanching/whitening or blackening of the skin, pain, or skin sloughing.

Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2-6 sessions for optimal treatment. We want you to have an outstanding result.

Pictures will be obtained for medical records.



Please do not hesitate to contact us with questions or concerns.