

**Before your KYBELLA treatment:**

Have a consultation first to determine if you are a candidate and establish a plan that is best for you. 2-4 treatments separated by 8 weeks are usually recommended for best results.

If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least two weeks in advance. Swelling will occur. It is the body's natural, healthy response to go through an inflammation process to remove the fat cells from the body.

Please let us know if you have had a recent or current infection in this area, surgery on your face and chin, or if you plan to have surgery on these areas in the future.

Stop Aspirin, Motrin, fish oil, Vitamin E, green tea, alcohol for 2 weeks prior to scheduled appointment to minimize bruising. But if these are prescribed medications, please ask your prescribing provider if it is okay to stop.

Limit your salt intake for 3 days prior (to reduce excessive swelling after treatment). Take 800mg Ibuprofen 30 min prior to your appointment.

Allow about 30 minutes for the appointment, a temporary ink grid will be applied that is easily removed. If desired, you can purchase Arnica pills and start taking 2 days prior and for 4 days after.

**After your KYBELLA:**

Stinging or burning as the fat cells are being destroyed for the first couple of hours-days can be expected. Noticeable swelling develops within a day and can last up to 2-3 weeks and is dose dependent. Tenderness, bruising, redness, and numbness can also occur. As the fat is dissolving, you may notice a firm nodule in the area injected- this is normal.

An Ice pack will be placed immediately. Don't massage the area as this can cause more swelling. In some cases, we may recommend a neck wrap if indicated. At home, you can place a cold compress or ice pack on the area for 20 minutes and remove the cold compress or ice pack for 20 minutes. Continue this pattern as needed for 24 hours.

Sleep on your back and with your 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

If taking Arnica, continue to take as directed on the package. Return to the office for follow-up as directed. Next treatment in 8-12 weeks