



KYBELLA

An FDA-approved injectable treatment designed to permanently dissolve unwanted fat beneath the chin, along the jawline, and specific areas of the body.

PRE-TREATMENT

- You are NOT a candidate for this treatment if you:
 - are pregnant or nursing
 - have difficulty swallowing
 - have nerve injury or weakness in the lower face
 - have 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.
- 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, because these medications will 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) or NSAIDs (such as ibuprofen) one hour prior to your scheduled appointment.
- Schedule this procedure to have 4 full days before returning to work or important social engagements.
- Have ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.

POST-TREATMENT

- After treatment, expect swelling and redness. Patients may also experience bruising, pain, numbness, and induration. This will normally last less than 5 days, and for some patients may last up to 14 days. If the symptoms continue beyond 10 days or if other reactions occur, please contact the office.
- If needed, ice may be applied to the area post treatment, but must be done very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring. A cold compress may be applied to the area for 20 minutes per hour for up to 3 days.
- Do not participate in strenuous activity for 3 days following treatment.
- Sleep with the head elevated on at least 2 and preferably 3 pillows.
- Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.
- You may apply your normal skin care regimen and sunscreen normally.
- Call the office if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.