



## **Kybella Pre & Post Care Instructions**

### **BEFORE TREATMENT**

- 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.
- Avoid aspirin, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, and fish oil supplements for 48 hours prior to the procedure- 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. To avoid possible discomfort, you may take acetaminophen (i.e. Tylenol) 20 minutes prior to your scheduled appointment.
- Plan your procedure so that you can 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.

To avoid excessive swelling: We recommend taking Zyrtec 2 days prior to the procedure, Benadryl the night before the procedure (if you are not driving and/or consuming alcohol), and Zyrtec again the day of.

### **AFTER TREATMENT**

- After your treatment, you should expect swelling and redness. You may also experience

bruising, pain, numbness, and induration. For some patients may last up to 14 days. If the symptoms continue beyond 14 days or if other reactions occur, please contact the office

- You may elect to ice the area post treatment but must do so 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. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
- Do not participate in strenuous activity for 24 hours following treatment
- Sleep with your head elevated on at least 2 pillows.
- After 48 hours- massage the area 3 times daily for 2-5 days post treatment. Do not scratch or pick the area.
- You may apply your normal skin care regimen and sunscreen normally.
- Call the office at 617-973-9700 if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.