



## PRE treatment Instructions for Kybella

- Do NOT use the following products 2 days prior or 2 days after your treatment (or until pinkness has subsided): RetinA, retinoids, or similar vitamin A compounds
- 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. to the treatment areas prior a to be treated, prior to treatment.
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.
- Schedule your Kybella® appointment at least 2-4 weeks prior to a special event which you may be attending, such as a wedding or a vacation (due to bruising and prolonged swelling).
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore, or blemish in the treatment area.
- Avoid anti-inflammatory/blood thinning medications 10-14 days prior and 3-4 days post treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do NOT consume alcoholic beverages 1 week prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Consider taking Arnica tablets beginning 1 week prior to injections to prevent bruising.