



Kybella® Post Treatment Instructions

- Immediately following the procedure, ice should be applied to the area and may be applied as needed to reduce swelling for the first time 24-48 hours. You will note some redness, stinging and burning within 15 minutes to 2 hours after your treatment; and later, swelling and bruising, which peaks between 6-72 hours.
- Do NOT wash or take a shower for at least 4 hours after treatment.
- Arnica gel applied three times a day for 48 hours will help resolve bruising.
- Do NOT take anti-inflammatories (NSAIDs, Ibuprofen, Aspirin, Motrin, etc.) or Vitamin E for 24 hours after your injections. You may take Tylenol for any discomfort or use any prescription medications given to you.
- Do NOT use hot tubs, saunas, jacuzzis or have a massage for 48 hours after your treatment. AFTER 48 hours, hot baths or showers are recommended to assist in the healing process.
- Avoid direct sun exposure, tanning beds, saunas and direct heat for two weeks after receiving your injection.
- Avoid any public pools, oceans or open outdoor water for at least 7 days.
- Massaging the treated area for about 15 minutes per day for two weeks after your treatment will aid to process the fat elimination.
- Walking 20-30 minutes per day during the course of the treatment will aid in its effectiveness. Avoid any strenuous exercise (anything that would cause you to sweat or increase your heart rate) for 48 hours after injections. After 48 hours, you can resume regular physical activities as tolerated.
- Should any redness or a small lump be experienced, use warm compresses several times a day. If any open area is experienced, use Polysporin Ointment, NOT Neosporin, on the affected area along with the warm compresses. You may experience several post-inflammatory nodules, these indicate ongoing fat necrosis (a good thing!). They will disappear within 30 days.

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- DRINK LOTS of fluids, especially water for the first 24 hours after your injection.
- Results from your treatment can often be noticed after the 2nd or 3rd sessions; about 4 to 5 weeks after your last treatment, depending on your metabolism and body type. Evidence of mild skin retraction may begin to appear at 10-14 days post injection. Inflammation will be present up to 4 weeks after treatment, which will limit any visible results.