



Concierge Family Medicine & Aesthetics

## KYBELLA INSTRUCTIONS

### Pre-Treatment:

- Please schedule your treatment at least two weeks prior to any special events or planned vacations. Swelling will occur as the body goes through the normal and natural inflammatory process to remove the fat cells from the body.
- It is recommended to discontinue the use of aspirin, NSAIDS (Aleve, Motrin, etc.), fish/flax oil or any other blood thinning supplements one week before treatment to minimize bruising or bleeding. Please consult with your PCP prior to discontinuing any prescribed blood thinning medications.
- Avoid alcohol, caffeine, niacin supplement, high sodium foods, high sugars foods, refined carbohydrates, and spicy foods 24-48 hours (about 2 days) before and after your treatment. These items may contribute to increased swelling and irritation.
- If you develop a cold/flu, infection, blemish, rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- You are not a candidate for Kybella treatments if you have a current or history of dysphagia “trouble swallowing,” are pregnant or breastfeeding, have the presence of infection at or near the injection site, or for patients under the age of 18.



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### **Post Treatment Instructions for Kybella**

- Apply cold compresses or ice packs to the treated area for 20 minutes then remove for 20 mins. Continue this pattern as needed for 24 hours.
- Use Arnica to help decrease bruising, swelling and discomfort.
- Take acetaminophen if needed to decrease post treatment discomfort.
- Sleep on your back with 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.
- Avoid steroids (prednisone), alcohol, caffeine, niacin supplement, high sodium foods, high sugars foods, refined carbohydrates, and spicy foods 24-48 hours (about 2 days) after your treatment. These items may contribute to increased swelling and irritation.
- Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any of the existing symptoms worsen.

Your satisfaction is our utmost goal. Please do not hesitate to contact us with any questions or concerns.  
(724) 969- LAMB