

Kybella Pre & Post Instructions

Pre-Treatment

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least two weeks in advance. Swelling will occur. It is the body's natural, healthy response to go through an inflammation 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 primary physician before discontinuing any prescribed blood thinning medications.
- Avoid alcohol, caffeine, niacin supplements, high-sodium foods, high-sugar foods, refined carbohydrates, and spicy foods 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
- If you develop a cold/flu, infection, blemish, rash, etc. in the area to be treated before your appointment, we recommend that you please reschedule your appointment until it resolves.
- We will not perform Kybella treatments on patients with a current or history of dysphagia “trouble swallowing”, currently pregnant or breastfeeding, with the presence of infection at or near the injection sites, or under the age of 18.

Post Treatment

- Place a cold compress or ice pack on the area for 10 minutes every hour for the first 24 hours to reduce swelling.
- Take over-the-counter acetaminophen if needed to decrease post-treatment discomfort.
- Sleep on your back and with your head elevated for 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), NSAIDS (Motrin, Aleve, etc.), alcohol, caffeine, niacin supplement, high-sodium foods, high-sugar foods, refined carbohydrates, and spicy foods 24-48 hours after your treatment.
- Please report to your practitioner immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens. These are very rare. Please communicate with us.

Please contact our office with questions, before or after your treatment.