



### Kybella Instructions

#### Pre Treatment Instructions:

- Please refrain from wearing any makeup to your appointment.
- Bruising is always possible with any injections.
- Expect moderate to heavy swelling that lasts 5-7 days and moderate swelling the second week post treatment. Swelling can last up to 3-6 weeks and generally lessens with each following treatment session.
- To help reduce the risk of bruising you may take Arnica/Arnicare tablets 5 days prior to your treatment date. This can be purchased at CVS. For use follow directions on the bottle. Topical Arnica gel/cream can be used as well after treatment along with the tablets.
- Avoid NSAIDs such as Ibuprofen and Aspirin. As well as fish oil, Vitamin E, and alcohol a few days prior to treatment to minimize bruising and bleeding.
- Swelling WILL occur.
- Consider any upcoming social plans and work commitments 2 weeks post treatment treatment.

#### Post Treatment Instructions:

- Continue to avoid using NSAIDs as well as any anti-inflammatories for 48 hours. Tylenol is recommended to decrease discomfort if needed. You may take anti-inflammatories (Advil and Motrin) and antihistamines (Zyrtec and Claritin) daily after the 48 hour period for 1 week.
- Icing is recommended the first 24 hours to decrease discomfort, for 30 minutes at a time, 2-3 times on the first day.
- Massage area 2-3 times a day for the first 2 weeks with a good neck cream.
- Do not put any makeup or creams over the injection site for 12 hours to decrease the risk of infection.
- Swelling, bruising, tenderness and hardness to the area are common side effects and can last a minimum of 2 weeks post treatment.
- Avoid exercise for 48 hours.
- Common side effects include bruising, pain, numbness, redness, temporary facial weakness and heaviness in the treatment area.
- Schedule your next appointment 4-6 weeks after the initial treatment, as Kybella is more effective at killing fat cells while they're weak.



If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON in the subject line.