



Kybella Instructions

Pre-Treatment Instructions:

- Please refrain from wearing makeup to your appointment.
- Bruising is always possible with any injections.
- Expect moderate to heavy swelling for 5-7 days, followed by moderate swelling in the second week post-treatment. Swelling can last up to 3-6 weeks but generally lessens with each subsequent treatment session.
- To help reduce the risk of bruising, you may take Arnica/Arnicare tablets five days before your treatment. These can be purchased at CVS. Follow the directions on the bottle for use. Topical Arnica gel/cream can also be applied after treatment, along with the tablets.
- Avoid NSAIDs such as Ibuprofen and Aspirin, as well as fish oil, Vitamin E, and alcohol for a few days before treatment to minimize bruising and bleeding.
- Swelling WILL occur.
- Consider any upcoming social plans and work commitments for two weeks post-treatment.

Post-Treatment Instructions:

- Continue avoiding NSAIDs and anti-inflammatories for 48 hours. Tylenol is recommended for discomfort if needed. After 48 hours, you may take anti-inflammatories (Advil, Motrin) and antihistamines (Zyrtec, Claritin) daily for one week.
- Icing is recommended for the first 24 hours to decrease discomfort. Apply ice for 30 minutes at a time, 2-3 times on the first day.
- Massage the treated area 2-3 times a day for the first two weeks using a good neck cream.
- Avoid applying makeup or creams over the injection site for 12 hours to reduce the risk of infection.
- Swelling, bruising, tenderness, and hardness in the treated area are common side effects and can last a minimum of two weeks post-treatment.
- Avoid exercise for 48 hours post-treatment.
- 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 your initial treatment, as Kybella is more effective at eliminating fat cells while they're still 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 with EMERGENCY DR. SIMPSON.