



La Jolla Cosmetic
Medical Spa
est. 2013

KYBELLA® Pre and Post Care

PREPARING FOR YOUR TREATMENT

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the lower face or an infection in the area. Inform your medical provider if you are on blood thinners, or have had procedures or surgery of your lower face or neck.
- Avoid aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, fish oil supplements, and alcohol for 5 days prior to the procedure, because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment.
- Plan your procedure so that you have 4 full days before returning to work or 2 weeks prior to any important social engagements.
- Have ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.
- You should come clean shaven if there is hair in the treatment area.
- Do not schedule major dental work for 2 weeks after your treatment.

AFTER YOUR TREATMENT

- After your treatment, you should expect moderate to severe swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last less than 5 days, and for some patients may last up to 14 days.
- You may elect to ice the area post treatment, but please do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel to avoid frostbite. Apply ice pack approximately 15 seconds on, and 15 seconds off. You may apply a cold compress to the area to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
- If bruising occurs, apply topical Arnica gel or take bromelain supplements to help bruising resolve faster. Bruising can also be covered with makeup.
- Do not participate in strenuous activity for 3 days following treatment.
- Sleep with your head elevated on at least 2, preferably, 3 pillows.
- Do not scratch, pick, or traumatize the area in any way. Do not massage or manipulate the injection site.
- You may apply your normal skin care regimen and sunscreen normally.

Call the office at 858-452-2066 if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptom