**Kybella Injection Post-Procedure Instructions**

Potential side effects include local injection site reactions including swelling, bruising, pain, numbness, redness and areas of hardness in the treatment area. Some clients have noted a soreness in their throat with swallowing. Most side effects are mild to moderate in severity and decrease with subsequent treatments.

There is definitely a down time required to manage the swelling and bruising. You may desire to “hide the bulge” that results from the swelling.

**DO NOT** touch, press, rub, massage or manipulate the treatment area. You may, however apply topical Arnica gel to the treatment area to help decrease the bruising, swelling and discomfort. This is available over the counter.

**APPLY** ice to the treated area for the 24 hours following treatment. Apply icepack on the area for 20 minutes then remove for 20 minutes. Do this pattern for the 24 hours following treatment while awake. Do not sleep with an icepack in place.

**SLEEP** on your back with head elevated for the 3-5 days following treatment.

**AVOID** vigorous exercise, sun and heat exposure for the next 3-5 days after treatment.

**AVOID** the use of aspirin, Vitamin E, Gingko Biloba, St. John’s Wart, Turmeric, Ibuprofen, Motrin, Advil, Aleve, Vioxx and other NSAIDS that can increase risk of bruising and/or swelling for 3 days to 1 week after injections. Check with your prescribing doctor before stopping any prescription medications.

**AVOID** alcohol, caffeine, cigarettes for 24-48 hours after your treatment as these may contribute to increased swelling or irritation.

**AVOID** other cosmetic treatments such as injectables, laser, peels, facials or micro-dermabrasion to the treatment area until signs and symptoms of irritation have resolved including swelling, pain or bruising.

**\*\*Please report immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing or if any existing symptoms worsen\*\***