

KYBELLA Post-Treatment Instructions



Apply an ice pack every 15 minutes and Arnica topically —Arnica + Bromelain tablets are both natural supplements to reduce bruising.



For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for one week prior to your appointment.



Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.



Do NOT have a facial, nor rub or massage the treated area for 24 hours after your treatment.



Take acetaminophen to reduce pain as necessary.



Sleep with 2-3 pillows to keep your head propped up for approximately 2-3 days to minimize swelling.



The first few days after your treatment the treated area will be swollen, it will take weeks before the the fat melt results with start to be noticeable. We recommend not over-evaluating results until completing your course of treatment.



Do NOT lie down or do strenuous exercise for three hours after treatment. Also, avoid any exposure to a sauna, hot tub or tanning for four hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.



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