



## **KYBELLA After-Care Instructions/Expectations**

Kybella® injections commonly cause swelling, bruising, pain, numbness, redness, and areas of hardness in the treatment area.

You will want to ice the treated area for 10 minutes each hour for the 1<sup>st</sup> 24 hrs to reduce swelling. Gently applying ice, for one minute on and one minute off, will insure a cooling effect without causing frostbite.

You can apply Arnica gel (available at SMD or over the counter) to the treatment area to help decrease potential bruising or swelling.

You can take (over the counter) acetaminophen and/or pain reliever if needed to decrease post treatment discomfort.

Sleep on your back and with head elevated for the next 3-5 days after treatment.

Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.

Although not expected, call the clinic if you develop signs of marginal mandibular nerve paresis (e.g., asymmetric smile, facial muscle weakness), difficulty swallowing, or if any existing symptom worsens.

Congratulations on your Kybella treatment. Permanent fat reduction and contouring is weeks away!

Of course, call us with any questions or concerns.