



## **KYBELLA PRE-TREATMENT INSTRUCTIONS**

- You can take ibuprofen or Motrin, or Advil 600mg about 1 hour before your appointment.
- To minimize bruising, you can begin to take 3-5 Arnica pellets per day approximately 4 days before treatment.
- Inform your nurse or physician if you have a history of DIFFICULTY SWALLOWING, medication, allergies, history of anaphylaxis, and any other medical problems.

## **KYBELLA POST-TREATMENT INSTRUCTIONS**

- Ice packs can be used on the areas that are treated with Kybella gently for a few times that day.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- Resume all normal activities including exercise as long as it is comfortable for you.
- You can take Extra Strength Tyenol if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel. Bruising can also be covered with makeup.
- Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2-6 sessions for optimal treatment.

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**