



## POST CARE INSTRUCTIONS FOR KYBELLA

1. Swelling, tenderness, bruising, numbness, heaviness, and areas of firm nodules may occur after your Kybella treatment and will resolve over time without intervention.
2. Swelling occurs immediately and is most significant during the first 3-5 days post injection, it will then decrease over a period of a few weeks,
3. You may feel a sense of heaviness/fullness following the treatment, especially when laying on your back.
4. Bruising may occur and become more apparent by day 3-5. You can apply Arnicare gel to the area to help with this.
5. **Swelling can last 4-6 weeks.**
6. Ice packs may be used on the treated area during the first 12 hours to help reduce swelling and inflammation. Ice for 15 minutes every hour. However, icing can be discontinued if uncomfortable.
7. Do NOT massage the injection site.
8. Results are not immediate with Kybella. Results may be seen as early as 4-6 weeks post-treatment, with most patients needing 2-6 treatments for desired results. We strongly recommend waiting to assess your results until at least 6 weeks, after your last treatment of Kybella, have passed.
9. Please schedule a follow-up appointment 4-6 weeks after your first treatment.
10. Notify our office if you have any questions or concerns. Contact our office immediately if you believe you have a concerning amount of swelling, bleeding, pain, trouble swallowing, trouble smiling, or if any dusky discoloration occurs.