



PRE-TREATMENT INSTRUCTIONS FOR KYBELLA

We can't wait to see you! Here are some pre-treatment instructions and recommendations to review before your appointment.

1. Please arrive with clean skin, void of make up, moisturizers, lotions, etc.
2. Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
3. Inform your provider of your medical history and any medications that you take, both prescription and over the counter.
4. Inform your provider if you are pregnant or breastfeeding. Neurotoxin treatment cannot be performed while pregnant and/or breastfeeding.
5. Avoid the use of NSAIDs (Advil, Aspirin), herbal teas, fish oil, Ginkgo Biloba, Garlic supplements, and other blood thinning supplements and medications for at least 1 week prior to your treatment. This is to decrease the risk of bruising.
6. Avoid alcohol 24 hours prior to your treatment, as the use of alcohol also increases your risk of bruising.
7. Consider taking Arnicare tablets beginning 1 week prior to injections to help with bruising.
8. Schedule your Kybella appointment at least 4-6 weeks prior to a special event which you may be attending, such as a wedding or a vacation (due to bruising and prolonged swelling).
9. Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore, or blemish in the treatment area.