



### Kybella Instructions

#### What to expect on the day of the procedure

- The treatment area is then marked and a temporary grid-like tattoo is applied as a guide to determine how much product is needed
- Injections are administered
- Expect 3 to 4 days of noticeable swelling and bruising; you may ice as often as you like – 10 minutes on the hour. Some bruising may last up to 10 to 14 days
- Patients may feel numb, sore and firm for 2 to 4 weeks
- Many patients experience visible contouring of their chin profile in **two to four treatment sessions** spaced at least 6 weeks apart. Up to 6 treatments may be administered.



## **Kybella**

### **Pre-Treatment Instructions**

1. Please arrive at the office without make-up and a clean face. Pre-procedure photos will be taken.
2. Avoid taking Aspirin, Ibuprofen, Vitamin E, Fish Oil, Ginger, Ginkgo Bilboa, Ginseng, and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
3. To further decrease the risk of bruising you may start Arnica or Arnica/Bromelain supplements one day prior to your procedure and continue for a few days following the procedure. Arnica gel may be of benefit for use post procedure to help reduce bruising. These may be purchased in our office or can be found at any health food store.