

Pre + Post Care

KYBELLA

Pre Care

- Avoid blood-thinning medications such as aspirin, ibuprofen, and certain supplements (like fish oil, vitamin E) for 1-2 weeks before treatment to minimize bruising.
- Refrain from alcohol consumption for at least 24 hours prior, as it can increase the risk of bruising.
- Stay hydrated by drinking plenty of water leading up to your appointment, as hydration can aid in healing.
- Plan around any special events or commitments; swelling is common post-treatment and can last several days.
- Inform your provider if you are pregnant, breastfeeding, or have any medical conditions that could affect the procedure.

Post Care

- Apply a cold compress to reduce swelling and ease discomfort, especially in the first 24 hours.
- Avoid touching or massaging the treated area for the first few days to allow the treatment to settle.
- Keep your head elevated and avoid lying down immediately after the procedure to help minimize swelling.
- Refrain from intense exercise or activities that could raise your heart rate for 24-48 hours.
- Expect mild bruising, swelling, and numbness, which are normal and should subside within a week. If symptoms persist, contact your provider.