

Kybella Post Care Instructions

After your treatment, you should expect swelling and redness. You may also experience bruising, pain,

numbness, and induration. This will normally last less than 5 days, and for some patients may last up to

14 days. If the symptoms continue beyond 10 days or if other reactions occur, please contact the office

at 323-664-0186.

You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the

fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring.

You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up

to 3 days.

Do not participate in strenuous activity for 3 days following treatment

Sleep with your head elevated on at least 2 and preferably 3 pillows.

Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.

You may apply your normal skin care regimen and sunscreen normally.

Bruising can be covered with makeup. Examples: Dermablend or Oxygenetix.

DO take ibuprofen, motrin, or advil if needed for discomfort after the treatment.

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 at 323-664-0186 assistance.