



## Kybella: Pre and Post Treatment Instructions

### Pre Treatment

The following are important treatment instructions for you to understand to help avoid unsatisfactory results and complications.

- If you are taking medications that may prolong bleeding, you may experience increased bruising at the injection site. You must avoid aspirin, NSAIDs (ibuprofen, Motrin, Aleve, etc.), vitamin E, fish oil, ginger, ginkgo, green tea, garlic, ginseng, or St. John's Wort for 10 days prior to your treatment. PLEASE INFORM US IF YOU ARE TAKING ONE OF THESE BEFORE YOU ARE INJECTED. If you are prescribed any of these medications by a different physician, you must consult with them prior to stopping any medication.
- Arnika Forte tablets contain the herb Arnica and the pineapple-derived enzyme bromelain, which help to minimize bruising and swelling. They can be taken one day before and up to seven days after your procedure, and can be purchased in our office.
- Kybella should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection.
- The safety of Kybella for use during pregnancy, breastfeeding, or in patients under 18 years has not been established.

### Post Treatment

- Do NOT, touch, press, rub, massage, or manipulate the treatment area.
- Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
- Apply (over the counter) Arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort.

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- Take (over the counter) acetaminophen and/or pain reliever if needed to decrease post treatment discomfort.
- Sleep on your back and with your head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the Kybella treatment area. Hela can assist and advise in coordinating specific treatment timing with other concurrent aesthetic services.
- Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.
- It is normal to be red, tender, and swollen for several days after injection, and bruising is always possible. It is advised that you continue to ice the area for one to three hours at 15-minute intervals.
- Avoid aspirin, ibuprofen, fish oil, vitamin E, and other non-steroidal anti-inflammatory medications (like Celebrex) for 24 hours to minimize bruising.
- No alcohol, no smoking, no nicotine, for 24 hours (or forever if you want to look younger, be healthier, and live longer). Avoid second-hand smoke as well.

Contact us immediately for any extreme increase in pain, tenderness, swelling, or have any concerns. Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).