



KYBELLA Pre & Post Care

Cannot receive this treatment if you been treated with Accutane within the last 12 months.
Postpone your treatment if you have received a facial treatment(s) like Botox, chemical peel, dermal fillers, or laser treatment, etc. in the last 2 weeks.

Pre Treatment

- AVOID anti-inflammatory, blood-thinning medications two weeks before treatment, such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Gingko Biloba, etc.
- AVOID alcohol, caffeine, niacin supplements, high-sodium foods, high-sugar foods, and cigarettes for 24 hours before your appointment. These items may contribute to increased swelling or irritation.
- You can start Arnica supplements a week prior to injection to help with post injection bruises. Arnica helps to speed up the fading away of bruises.
- If you develop a cold/flu, infection, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment unit it resolves.

Treatment Day

Come to appointment with a clean face, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.

What to Expect

- You will experience swelling and bruising for 3-5 days post treatment, which will begin decreasing over a period of a few weeks. Swelling can last 4-6 weeks. Plan for social downtime accordingly
- Many patients need 2-3 treatments for desired results, please schedule a follow-up appointment 4-6 weeks after your first treatment.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes every hour. However, icing can be discontinued if uncomfortable.
- Do NOT massage the injection site. Swelling, tenderness, bruising, numbness, and areas of firm nodules may occur and will resolve over time without intervention. Results are not immediate. Results may be seen as early as 4-6 weeks post-treatment, but full results will not be noticed until 12 weeks post-treatment. Numbness can last up to 12 weeks.

Aftercare

- *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 after the first 4 hours.
- *Take (over the counter) Tylenol and/or pain reliever if needed to decrease post treatment discomfort.
- *Sleep on your back and with head elevated for the next 3-5 days after the treatment.
- *Drink plenty of water and fluids after the treatment.
- *Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- *Avoid Aspirin (unless prescribed), Motrin, Ginko 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 bruising and swelling.
- *Avoid alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increase swelling or irritation.
- *Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials, microneedling or dermaplaning to the Kybella™ treatment area.
- *Please report immediately to Cheeky Medspa if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.