



## Kybella Post-Treatment Care

- ❖ Do not massage or manipulate the treated area which will be quite swollen after Kybella® injections. Swelling will be the worst the first two days and is mostly due to localized inflammation. Initial swelling can take up to 2 weeks to settle. Sleeping propped up and applying a cold compress can minimize this side effect. You may shower and wash your face with gentle cleanser. Avoid facials, chemical peels or laser treatments on the treated area for 14 days.
- ❖ It is normal to experience some pain and sensitivity in the injection areas. Most patients find that Tylenol can help relieve this post-injection pain. Avoid NSAIDs such as Motrin and ibuprofen as these can make swelling and bruising worse.
- ❖ Avoid strenuous exercise for the first 48 hours after the procedure to reduce swelling and bruising.
- ❖ Do not apply make-up to the treatment area for 24 hours.
- ❖ Please note that you may experience some mild pain, swelling, bruising or redness at the treatment area. Bruising may last up to 2 weeks.
- ❖ The first few days after your treatment the treated area will be swollen; it will take weeks for results to become noticeable. We recommend not evaluating results until completing your course of treatment.
- ❖ We always schedule each treatment one month apart, doing a complete evaluation one month at the end of the treatment course.