

## PRE-CARE INSTRUCTIONS

# KYBELLA

### OVERVIEW

Excited for your upcoming Kybella appointment? We can't wait to see you, but there are a few things you need to be mindful of before we can treat you. Please follow this list of instructions. Remember, you may experience bruising, redness, and swelling for a few days post-treatment, so plan your social calendar accordingly.

ACCESS THE ONLINE  
INSTRUCTIONS HERE



### PRE-CARE CHECKLIST:



#### PRE-TREATMENT

### Set Realistic Expectations

Make sure you are a good candidate and set up realistic expectations.



#### 2 DAYS PRIOR

### Avoid Alcohol

Avoid alcohol for 48 hours before your treatment and caffeine on the day of your treatment.



#### 7 DAYS PRIOR

### Avoid Anti-Inflammatory Medication

Avoid aspirin, Ibuprofen, naproxen, and other non-steroidal anti-inflammatory medications, or supplements which may thin your blood (i.e. vitamin e, fish oil, St. John's Wort, etc.) for 7 days before treatment. These agents may increase the risk of bruising and bleeding. Tylenol is ok.



#### DAY OF

### Keep Upright

Keep upright for the first 4 hours.



#### FOR 3 DAYS AFTER

### Anticipate Social Down-Time

Anticipate a social "down-time" of 2-5 days before any redness and swelling.



#### 7 DAYS PRIOR

### Eat Healthy

Cease sun exposure, tanning beds, and artificial tans 4 weeks prior to treatment.





7 DAYS PRIOR

## Be Patient

Be patient; it may take a few weeks to see results and multiple treatments.

