

## KYBELLA

Congratulations on your Kybella treatment! Following post-treatment guidelines is crucial to the health of your skin and success of your results.

### AFTER TREATMENT

- You will have mild discomfort, burning and tenderness for a few days after treatment.
- Swelling and mild erythema (redness) will increase for the first 1-2 days and will subside over the next 7-10 days (Swelling is dependent on the treatment area size)
- Bruising, if present, will resolve over the next 7-10 days
- Itching or warmth at the injection site may be present
- A feeling of numbness to the touch may be present and may take up to 30 days to resolve
- A feeling of firmness may be present and may take up to 30 days to resolve.
- As with all procedures, individual experiences will vary.

### POST CARE

- Do not massage the area
- Icing can be used for comfort. Be sure not to put ice pack directly on the skin, but to wrap in a cloth. 10-15 minutes on, 10-15 minutes off.
- Tylenol can be used for pain
- NO EXERCISE FOR 48 HOURS AFTER TREATMENT
- Avoid the sun if redness is present in the area
- If possible, sleep elevated for the first 2-3 nights

If you have any questions regarding your treatment or these instructions, please call the office during business hours at 414-210-4073. For any after-hours concerns, please call 414-422-3105. If there is an emergency, call 911.