

KYBELLA® (NON-INVASIVE FAT REDUCTION) PRE/POST CARE INSTRUCTIONS

PRE-CARE

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the lower face, or an infection in the area. Inform your medical provider if you are on blood thinners or have had procedures or surgery of your lower face or neck.
- Unless prescribed by a physician, avoid Aspirin, Ibuprofen, Advil, Aleve, St. John's Wort, Vitamin D and E, garlic, Fish Oil/Omega 3, Flaxseed Oil, Omega's, Turmeric, Green Tea, Horse chestnut Seed Extract, Alcohol, and non-steroidal anti-inflammatory drugs (NSAIDS) in the five (5) to seven (7) days prior to your treatment as they may promote the risk of bruising in the injection area. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment. To avoid possible discomfort, you may take acetaminophen (i.e. Tylenol, as directed on product label) one hour prior to your scheduled appointment.
- It is recommended that you plan to experience swelling and fullness in the treated area for up to four (4) weeks post procedure.
- Have ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.

POST CARE

- After your treatment, you should expect swelling and redness. You may also experience bruising, discomfort, numbness, and induration in the area treated. This will normally last less than 5 days, and for some patients may last up to 14 days. Apply topical Arnica gel, and/or ingest oral Bromelain capsules or tablets, and drink fresh pineapple juice to help bruising resolve faster.
- You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
- If any area is treated on the face, you should sleep with your head elevated on at least 2 and preferably 3 pillows.
- Do not scratch, pick, or traumatize the area in any way. Light massage of the injection site will help stimulate the lymphatic system to remove the dead fat cells and inflammation faster.
- You may apply your normal skin care regimen (including makeup) and sunscreen normally.
- Call the office if you have any difficulty swallowing, crusting, or scabbing, asymmetry of your smile or any other unusual symptoms.
- We want you to have an outstanding result, so please schedule your next appointment in 6-8 weeks. Kybella® requires a minimum of 2- 3 sessions for optimal treatment.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).