

# Kybella™

## What to expect during and after your procedure

### **During your procedure:**

- An assessment will be made by your Physician to determine the extent of the treatment area and the appropriate amount needed.
- Some physicians may decide to use a topical numbing agent or local anesthesia injections prior to the Kybella injections.
- You may have a very small amount of pinpoint bleeding where the needle was inserted. This usually subsides in a few minutes with ice and pressure.
- The most common side effects are swelling, bruising, pain, numbness, redness, and areas of hardness in the treatment area. Other side effects may occur. Consult your Physician if you have any concerns.

### **After your procedure:**

- Use your regular skin care products and make-up.
- Apply ice packs (10 min. on and 10 min. off) may be used to ease tenderness and help to minimize swelling the first few days as needed. Tylenol 500mg, one or two pills, every 4 to 6 hours can be taken as needed for tenderness.
- You may get a bruise from the injections. If the bruise is dark, unsightly, and difficult to cover with make-up, you are welcome to come into the office the following day and have the bruise(s) treated with a laser at no charge. The laser will help to break-up the bruise and fade faster.
- You may also take Arnica Forte pills before and after the treatment to decrease bruising. We have Arnika Forte available for purchase.
- Follow any additional specific post- treatment instructions from your Physician.
- Many patients experience visible contouring of their chin profile in 2-4 treatments. Up to 6 treatments may be necessary for desired results.

**Please contact our office if you have any questions or concerns at (858)657-1002.**

Additional notes/instructions:

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Physician: \_\_\_\_\_ Assistant: \_\_\_\_\_ Date:  
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