

Kybella® Post Care Instructions

The results of Kybella® are not immediate. It will take 2-3 months for final effects. During the first week you will most likely have swelling and possibly bruising. In studies performed using Kybella®, all side effects resolved, including any localized numbness or induration (tissue firmness).

Tips to aid you in recovery after Kybella® treatment:

- You may want to use ice packs during the first day of treatment.
- Treated areas may be red, inflamed, swollen, and/or bruised for the first 2-7 days.
- Take Ibuprofen or Tylenol for pain or tenderness.
- Do not massage the injected area.
- Resume all normal activities, including exercise, as long as it is comfortable for you.
- If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help it resolve faster.
- Bruising can be easily covered with makeup.

Schedule your next appointment in 8 weeks. Kybella® requires 2-6 sessions for optimal treatment. The soonest you can be reinjected is at the 8-week mark.

If you have any question or unexpected concerns, please call the office at 512-815-0123 for assistance. We are here for you during the entire process—we want you to have an outstanding result.