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DERMATOLOGY

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Pre- and Post- Treatment Instructions for Kybella

Pre-Treatment Instructions:

- To decrease the chance of bruising and bleeding at the injection sites, avoid taking all optional blood thinning medications one week prior to treatment. These medications may include Aspirin and Ibuprofen.

Post-Treatment Instructions:

- During and immediately after the procedure (can last up to an hour), you may experience a burning/stinging sensation in the treated areas. This is most uncomfortable immediately after the procedure and then decreases over time. Cool compresses can be applied to the area.
- Redness, swelling, firmness, and bruises are common post procedure occurrences. Soreness, swelling, firmness, and mild numbness tend to gradually decrease 1-4 weeks following procedure, although some of these can last up to 8 weeks.
- If possible, avoid use of oral steroids or other anti-inflammatory medications (Ibuprofen, Advil, Motrin, etc.) for the first 5 days post procedure to allow the inflammatory process to occur. Tylenol is fine.
- Sleeping with your head propped up on a pillow or two for the first few days following procedure helps to minimize swelling.
- There are no restrictions on activity after the procedure, although heavy exercise or hot showers in the first 24 hours may increase the swelling or bruising.

Course of Treatment:

- Weight gain over the course of the treatment may affect results. Although the fat affected by the treatment is permanent, additional fat under or near the treated area will impact the effects of the Kybella treatment.
- We recommend treatment sessions to be spaced 8-10 weeks apart.
- Although uncommon, it is possible for the nerves in the face to be affected by the deoxycholic acid. Any weakness in the face or smile asymmetry should be reported to your physician as soon as possible.
- Any blistering, drainage, increase in pain, or abrupt skin color change should be reported to your physician as soon as possible.