

# B.TOX.BAR.

## Kybella Pre & Post Treatment Instructions

### About Kybella

Kybella is a minimally invasive treatment option to dissolve unwanted fat in various areas of the body. The most commonly treated areas are submental fat (under the chin), bra fat, small love handles and even small lipomas. Multiple treatments, about 4-8 weeks apart, are required to reach desired results.

### Before Your Treatment

- Avoid agents that increase the risk of bruising 1 week prior to treatment and 2 days after:
- Aspirin, ibuprofen (Advil, Aleve, Motrin, Naprosyn), Excedrin, St. John's wort, Vitamin E, fish oil, omega-3s, ginkgo biloba, ginseng.
- Do NOT stop any medications that were prescribed by your doctor and are medically necessary to take.
- Avoid drinking alcohol 24 hours before your treatment to minimize the risk of bruising.
- To minimize bruising take arnica or bromelain up to 1 week prior to and 1 week after treatment or until the bruising fades.
- Plan for this procedure well before (6+ weeks) any special events or functions.

### What to Expect After Treatment

- Some redness, swelling, and a burning sensation are expected.
- Swelling to the treated area is significant and can last over 4 weeks. The most significant swelling improves within the first 2 weeks.
- Bruising is possible and can last a week. Arnica cream/gel can be applied 3-5 times a day to reduce bruising.
- Applying intermittent cold compresses or ice (for 5 minutes at a time) to the treatment areas during the first 24 hours to reduce swelling.
- If you are experiencing discomfort, you can take Tylenol as needed.
- Sleep with 2-3 pillows to elevate the treated area for the first 3 nights to minimize swelling.
- If you notice any new onset pain, redness or warmth after the treatment please contact the office.

### Things to Avoid After Treatment

- Avoid vigorous exercise for 48 hours
- Avoid alcohol for 24 hours to minimize bruising
- Avoid massages to the treated areas, unless otherwise directed by the provider