

**Kybella**

What can I expect after treatment?

- Common:
  - Bruising: Small bruises may occur at the sites of Kybella injection. The chance of significant bruising can be minimized by avoiding medications, supplements, and foods that can thin the blood (examples: Advil/ibuprofen, aspirin, alcohol, vitamin E, fish oil). Please consult the Medications Precautions sheet as a reference.
  - Soreness/discomfort/pain: usually mild in nature and occurs during the first several days after treatment. Discomfort is typically not significant enough to interrupt daily activities. Soreness may persist in the area for approximately 2-4 weeks following treatment
  - Redness in treatment area: Red to pink discoloration may occur in the area of treatment, and typically lasts 1-3 days following treatment.
  - Swelling: Swelling or fullness underneath the chin is likely to occur following treatment. The degree of swelling is often related to the amount of fat treated and the amount of Kybella used during a treatment session. Larger necks and larger amounts of Kybella used are more likely to produce swelling. This is a normal side effect and can persist for up to approximately 1 week following treatment.
  - Numbness: Lack of sensation in or around the area of Kybella treatment is possible. It is temporary in nature and resolves over a period of days to weeks.

Post- Treatment Instructions

- Avoid strenuous exercise or straining for 48 hours following treatment
- Avoid medications and supplements that may increase the chance of bruising for 48 hours following treatment
- To help with discomfort and swelling icing is recommended for 20 minutes out of each hour for the first day. Continue icing as needed.

If you have any questions or concerns, please contact our office directly at (713) 497- 1417.