



Kybella Post Treatment Instructions

- Do NOT touch, press, rub, massage, or manipulate the treatment area.
- Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
- Apply (over the counter) arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort.
- Sleep on your back and with head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Take acetaminophen for pain and avoid aspirin products
- Avoid any facial treatments involving chemicals for at least 1 week after injections of any kind
- Avoid laser treatments directly over the injected product for up to 14 days post treatment
- Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.