



Kybella Pre Treatment Instructions

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance. Swelling can be present for up to 5 weeks after treatment.
- For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medication such as aspirin, Motrin, ibuprofen, and Aleve. Also avoid herbal supplements such as garlic, vitamin E, ginkgo biloba, St. John's Wort and omega-3 capsules. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin.
- Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising. Avoid caffeine, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (All of these factors may increase risk of bruising and swelling).

To ensure your safety, PLEASE RESCHEDULE your appointment if any of the following apply:

- You are currently taking antibiotics, steroids, or any medication that may cause skin sensitivity.
- You have an active infection of any kind—please wait at least two weeks before rescheduling.
- You are pregnant or actively breastfeeding