



Kybella Pre and Post Treatment Information

Pre-Treatment Information: “How to Prepare”:

- Discontinue NSAIDS (Acetaminophen, Naproxen Sodium, Ibuprofen, etc), Aspirin or Aspirin-containing products (Excedrin, BC/Goody powders), for 10 days prior to your treatment.
- Discontinue St. John’s Wort, Vitamin E, Fish Oil and Garlic supplements for 3 days prior to treatment.
- Arrive with no makeup or products on the area to be treated.
- If you are prone to bruising or bleeding, you may take Arnica pills starting 3 days prior to treatment (3-5 pills, 3 x/day). You can find them at Whole Foods, Earth Fare, Amazon.com, and supplement stores.
- Men may shave the day of your treatment; however, this is not necessary.

Post-treatment Information: “What to Expect”:

Your treatment involves multiple injections designed to induce an inflammatory reaction in the area of treatment thus commonly you can expect the following:

- Pain described as mild in 75% of individuals that will peak the evening after the treatment once the numbing medication wears off. Pain is most commonly described as “tender” in 4 hours (on average this can last 7 days). However, some patients may experience complete numbness for 7-14 days.
- Swelling/Induration (a hard or heavy feeling, like a “hockey puck”) is expected, and on average can last 10-14 days. However, in up to 20% of those treated, it can last up to 30 days.
- Bruising or Hematoma at the injection sites can be common and would be expected to resolve as any other bruise you may have had in the past.
- Numbness in the treated area, as mentioned earlier, is common and can take up to 30 days to resolve.
- Approximately 1.9% of those treated to date have experienced some difficulty swallowing, which is attributable to the sensation of fullness in the treated area from the volume of liquid injected and/or swelling/edema. On average, this resolved in 3-5 days for most individuals.
- Should you experience asymmetry in your smile, notify Dr. Jones as this may represent a transient palsy of the Marginal Mandibular nerve. In the clinical trials, all cases have resolved without additional interventions needed with a median duration of 44 days (range 1-298 days).
- Additional comfort post treatment can be obtained with ice to the treated area for 20 min. every 2-3 hours.
- Continued use of Arnica pills for 3-5 days post-treatment can be helpful if bruising is present.
- May restart any supplements/medications stopped prior to treatment after 3 days.