

# SERENITY MEDICAL AESTHETICS

## Kybella

### Pre and Post Procedure Instructions

#### PRE-PROCEDURE INSTRUCTIONS:

1. Schedule an in person consultation with the medical provider to assess your suitability for Kybella treatment and to discuss your expectations. Not everyone is a candidate.
2. Schedule your Kybella appointment at least 4 weeks prior to a special event due to the high potential of bruising and prolonged swelling.
3. Inform Serenity Medical Aesthetics of any medical conditions, allergies, or medications you are currently taking, including over-the-counter drugs, supplements, or herbal remedies.
4. 7 days before your treatment
  - a. Stop drinking any alcohol. Alcohol thins the blood and can cause excessive bleeding and bruising.
  - b. Discontinue blood thinning or anti-inflammatory medications like Aspirin, steroids, Vit E, Omega 3/Fish Oil, Motrin, Advil, Naproxen or Aleve which can also contribute to excessive bleeding. If you were prescribed these by a doctor, please get your doctor's clearance before stopping the medication and notify Serenity Medical Aesthetics.
  - c. Discontinue the use of any physical exfoliant products in the treatment area, which includes topical prescription medications and/or skincare products containing retinol, alpha-hydroxy acids (AHAs), or beta-hydroxy acids (BHAs) for at least one week before the treatment.
  - d. Be mindful of your sun exposure. Treatments cannot be done on burned skin.
  - e. Do not schedule any dental work, including cleanings, 2 weeks prior to treatment.
  - f. Consider taking arnica tablets 7 days before the treatment. Arnica can help decrease bruising and swelling.
  - g. If you have a history of cold sores or fever blisters, notify the medical provider, as an antiviral medication may be prescribed prior to the treatment.
  - h. Reschedule your appointment at least 24 hours in advance if you have a severe rash, or cold sore in the treatment area.
5. On the day of your procedure,
  - a. Eat a full, healthy breakfast and be sure to drink plenty of water. Please notify the provider if you have a history of fainting.
  - b. Ensure that your skin is clean and free of any makeup or skincare products.
  - c. Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider)
6. You are not a candidate for this treatment if you are pregnant or breastfeeding.

#### WHAT TO EXPECT:

- You may experience swelling, redness, bruising, tenderness and numbness to the treatment area after your treatment. These effects are normal and should decrease over a few weeks. Swelling can last 4-6 weeks. Numbness can last up to 12 weeks.
- Results are not immediate. Results may be seen as early as 4-6 weeks post-treatment, but full results will not be noticed until 12 weeks post-treatment. Many patients need 2-3 treatments to achieve desired results. Please schedule a follow-up appointment 4-6 weeks after your first treatment to evaluate your need for subsequent treatments.
- You may feel a sense of heaviness following the treatment, especially when laying on your back. This sensation may make you feel short of breath. However, Kybella® does not compromise your airway.



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### POST – PROCEDURE INSTRUCTIONS:

#### 1. Rest and Recovery:

- a. After the procedure, take it easy for the rest of the day. Avoid strenuous activities and exercise for 48 hours. Drink plenty of water and maintain a healthy diet to help your body heal.

#### 2. Pain and Discomfort

- a. Sensations such as tightness, stinging, stretching, slight redness, slight swelling and itching are normal and will gradually subside. If you experience slight pain or discomfort from these sensations you may take Tylenol 500 mg 1–2 tablets every 6 hours as needed not to exceed 8 tablets per day. Do not take ibuprofen for 2 weeks.
- b. Protect your skin from extreme temperatures, such as very hot or cold environments, as it may be more sensitive during the healing process.

#### 3. Swelling and Bruising:

- a. Swelling and bruising are common after Kybella treatment. To reduce these effects: Apply cold packs to the treated area for 15 min every hour intermittently for the first 24–48 hours. However, icing can be discontinued if uncomfortable.
- b. We recommend wearing a compressible chin strap for the first 24 hours.
- c. Sleep on your back with your head elevated with one to 3 pillows to decrease swelling.
- d. Avoid strenuous exercise, activities that cause excessive sweating or heat exposure, or using hot tubs, saunas, or steam rooms for 48 hours post-treatment.
- e. Please ensure you do not have any important events such as family photos for 4–6 weeks after your treatment to ensure you've given time for bruising and swelling to resolve.
- f. Avoid massaging or rubbing the treated area vigorously for at least one week.
- g. Avoid facials, microneedling or anything penetrative to the treated area for at least 2 weeks or until all swelling has subsided.
- h. Do NOT consume alcohol or excessive sodium for 3 days post treatment.

#### 4. Infection

- a. Avoid applying makeup or any other skincare products to the treated area for 24 hours post-treatment.
- b. Cleanse the treated area gently using a mild, non-abrasive cleanser and lukewarm water. Pat dry with a clean towel, avoiding rubbing, massaging or exerting excessive pressure on the treated area for at least one week.
- c. Keep the treated area clean and avoid touching it with unwashed hands.

Notify our office immediately if any significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, fever or any other unexpected side effects or concerns arise.

