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Pre-Treatment Instructions for Kybella /PCDC

- Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
- Do not apply any creams, lotions, perfume or makeup etc. to the treatment areas prior a to be treated, prior to treatment.
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.
- Schedule your Kybella® appointment at least 2-4 weeks prior to a special event which you may be attending, such as a wedding or a vacation (due to bruising and prolonged swelling).
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore, or blemish in the treatment area.
- Avoid anti-inflammatory/blood thinning medications 10-14 days prior and 3-4 days post treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do NOT consume alcoholic beverages 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Consider taking Arnica tablets beginning 3 days prior to injections to prevent bruising.

Post-Treatment Instructions for Kybella/PCDC

- Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.).
- Do NOT consume alcohol or sodium for 3 days post treatment to avoid excess swelling.
- Avoid strenuous exercise for 24 hours post treatment.
- Sleep on your back with your head elevated to decrease swelling.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes every hour. However, icing can be discontinued if uncomfortable.
- Do NOT massage the injection site. Swelling, tenderness, bruising, numbness, and areas of firm nodules may occur and will resolve over time without intervention. 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.

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