

Kybella

Pre-Care:

1. Consultation: Schedule a consultation with a qualified and experienced healthcare provider who is trained in administering Kybella injections. Discuss your goals, expectations, and any concerns during this consultation.
2. Medical History: Provide your provider with a complete medical history, including any medications, supplements, or medical conditions you have. Mention any allergies or previous reactions to injectable treatments.
3. Discuss Expectations: Have a thorough discussion with your provider about your desired results, the number of Kybella treatments needed, and any potential side effects or risks associated with the treatment.
4. Avoid Alcohol: Avoid consuming alcohol for at least 24 hours before your Kybella treatment, as it can increase the risk of bruising.
5. Stay Hydrated: Drink plenty of water in the days leading up to the procedure to keep your skin well-hydrated.
6. No Blood Thinners: Refrain from taking medications and supplements that can thin the blood, such as aspirin, ibuprofen, fish oil, and vitamin E, for about a week before the procedure.
7. Plan for Recovery: Schedule your Kybella appointment at a time when you can allow for some downtime afterward, as there may be swelling and discomfort.

Post-Care:

1. Follow Provider's Instructions: Adhere to the specific post-care instructions provided by your healthcare provider, as they may customize recommendations based on your treatment and individual needs.
2. Expect Swelling: Swelling is common after Kybella injections and can last for several days to a few weeks. Applying ice packs to the treated area can help reduce swelling.
3. Avoid Alcohol: Refrain from consuming alcohol for at least 24 hours after the treatment to minimize the risk of additional bruising and swelling.
4. No Strenuous Exercise: Avoid strenuous physical activities for a few days after the procedure to minimize swelling and discomfort.
5. Gentle Cleansing: Use a mild, non-abrasive cleanser to wash your face. Avoid hot water and harsh exfoliants for the first few days post-treatment.
6. No Makeup Application: Avoid wearing makeup for at least 24 hours after the treatment, or as advised by your provider.
7. Avoid Massaging the Area: Do not massage or manipulate the treated area for several days after the Kybella treatment.
8. Stay Upright: Sleep with your head elevated for the first few nights to minimize swelling.
9. Follow-Up Appointments: Attend any follow-up appointments recommended by your provider to assess the results and determine if additional treatments are needed.
10. Be Patient: Results from Kybella may take several weeks to become fully visible as your body gradually metabolizes the treated fat cells.