

Kybella Pre- and Post-Treatment Instructions

Pre-Treatment Instructions

- Kybella should not be used for patients who are pregnant, nursing, trying to get pregnant, or those with severe allergies, and should not be used in areas of active inflammation or infection (cysts, pimples, rash).
- You should not get this procedure if you currently have or have a history of: nerve damage, facial paralysis, facial movement issues, difficulty swallowing, bleeding problems, and/or prior or planned surgery, cosmetic treatments, or medical conditions on or near your face, neck, or chin. These conditions may be contraindications to receiving the treatment.
- Notify your physician if you have had:
 - Major dental work (excluding routine cleanings) two weeks before/after proposed injection procedure
 - Any recent procedure (cosmetic, surgery, laser, or other)
 - Any recent illness.
- If you have facial hair, you should come with a clean shaven (neck) to the treatment.

Post-Treatment Instructions

- Redness/swelling is normal for a few days to a week. Desired results can be expected at four weeks (after all swelling has resolved).
- Swelling is usually significant in the first couple of days to a week. Patients report looking like a “bullfrog with a lot of fluid in the skin under the chin.” This is normal.
- Numbness is common for the first few weeks to a month. Discomfort and tenderness to touch is also common in that time frame.
- Do not rub the area treated.
- Do not massage the area treated.
- Gently clean the area twice daily with mild soap.
- Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.
- You may apply cool compresses/ice for 15 minutes per hour for comfort and to reduce swelling.
- Make-up may be used as long as skin is not broken or irritated.
- Avoid use of aspirin, St. John’s Wort, and high doses of vitamin E for one week.
- Non-steroidal anti-inflammatories (ibuprofen) can be safely taken for discomfort.
- Avoid strenuous exercise and alcohol for 24 hours after treatment.
- Try to sleep upright, not on your side, for the first 48 hours to take the pressure off your neck.
- Do not plan to have major dental work (excluding routine cleanings) for two weeks after the injection procedure.

- Immediately notify your physician if you have any questions or concerns, or see any signs of problems, which could include:
 - Severe or extended: pain, redness, swelling, bruising, lumpiness
 - Signs of infection
 - Blood supply compromise (Signs include blanching or whitening/darkening/blackening of the skin, any discoloration, pain, or skin break/sloughing.)
 - Trouble swallowing
 - Uneven smile
 - Trouble with moving the mouth/chin
 - Anything that you'd like to discuss.

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