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Kybella® Pre and Post 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 your neck and chin area
- If you are prone to bruising or bleeding, you may take Arnica pills starting 3 days prior to treatment (3-5 pills, 3 times a day) You can find them at Whole Foods, Earth Fare, and supplement stores
- Men may shave the day of your treatment however, 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, up to 20% of those treated 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 Red Head Aesthetics as this may represent a transient paralysis of the Marginal Mandibular Nerve. In the clinical trials, all cases have resolved without additional intervention needed with a mediation duration of 44 days (Range 1-298 days)
- Additional comfort post treatment can be obtained with ice on the treated area for 20 min. every 2-3 hours
- Continued use Arnica pills for 3-5 days post treatment can be helpful if bruising is present
- May restart any supplements stopped prior to treatment after .3 days.

