



KYBELLA®
Post Treatment Instructions

- Do **NOT**, touch, press, rub, massage, or manipulate the treatment area.
- Swelling, bruising, redness and inflammation is to be expected and can last up to two weeks after kybella treatment.
 - You can apply (over the counter) Arnica gel to the treatment area to help decrease bruising, swelling, and discomfort.
- Take (over the counter) acetaminophen and/or pain reliever if needed to decrease **post treatment** discomfort.
- Drink plenty of water and fluids after treatment.
- **NO** exercise post-treatment 3 - 5 days post treatment.
- Don't ice for 2 hours post treatment
 - After the first 2 hours it is recommended to ice for 20 minutes every hour for the next 24 hours to decrease swelling.
- Optional: Use compression bandage to help reduce swelling
- Optional: Sleep on your back and with head elevated 3-5 days after treatment.