

KYBELLA® Post-care Instructions and Guidelines

KYBELLA® Post-care:

- Swelling is expected, so keep your social plans and work commitments in mind when scheduling the treatment.
- Bruising, pain, numbness, redness and areas of hardness are the most common side effects, and can last 1-4 weeks.
- Refrain from straining, heavy lifting, and vigorous exercise for at least 24 hours following treatment.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid the use of Retin-A or similar products (ex. Kinerase, Tazorac) 2 days after treatment to avoid increased irritation or redness.
- Avoid cosmetic treatments such as laser, ultrasound, peels, or microneedling for 2 weeks after treatment with KYBELLA®.
- If you must wear makeup, we recommend a good quality mineral makeup with SPF and clean applicators for the face.
- Please report to the provider any blisters, or itching immediately, should it occur following your treatment.

Follow Up Treatment Plan for KYBELLA® Injectables:

An 8 week follow up appointment must be scheduled at the time of the initial treatment. KYBELLA® injections will be given no less than 1 month apart, but recommended 8 weeks apart. Most clients will need between 3 and 6 treatments for optimal result. You and your provider will decide how many treatments you will need.

The nurse on call number to reach the nurse directly is 417-413-3295 if needed before your follow up appointment.