



## **Kybella®(Deoxycholic acid) Post-Procedure Instructions**

1. After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration (lumps). This will normally last less than 5 days, but for some patients may last up to 14 days. If the symptoms continue beyond 10 days or if other reactions occur, please contact the office at (518) 223-8797.
2. Take ibuprofen (Motrin, Advil) or naproxen (Aleve) as directed for pain/discomfort. If you cannot take NSAIDs, use acetaminophen as directed.
3. Take an antihistamine (Claritin, Zyrtec) as directed for any itching that may result from the procedure.
4. If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster. These can be purchased at our office or any retail pharmacy.
5. Some bruising can be covered with makeup (example - Dermablend).
6. You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off, for 20 minutes per hour, and may do so hourly up to 3 days. Icing too vigorously can cause frostbite and scarring.
7. Do not participate in strenuous activity for 3 days following treatment.
8. Sleep with your head elevated on at least 2 and preferably 3 pillows.
9. Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.
10. Avoid salty foods as this may further increase swelling.
11. You may apply your skin care regimen and sunscreen normally.
12. No facials, chemical peels, or laser treatments for 14 days after the Kybella® treatment. Facials, chemical peels, laser, and light treatments may be done immediately prior to Kybella® treatment. HA fillers such as JUVÉDERM® XC and / or Botox may be injected before Kybella®; if you have any questions regarding this, please ask your provider.
13. Call the office at **518-223-8797** if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms. In case of emergency call 911 or go to your nearest emergency department. Questions that do not require immediate attention can be emailed to **info@victoriaaesthetics.com**.