



Kybella®(Deoxycholic acid) Pre-Procedure Instructions

1. If you've started any new medications or have any change in your medical history since your last visit, please let us know ASAP.
2. You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the lower face, or an infection in the area.
3. Ideally, schedule your appointment 2 weeks prior to any important social engagement. At minimum, schedule your procedure 4 days before returning to work or any important social engagement (Thursday and Friday appointments are best).
4. Inform your medical provider if you are on blood thinners, or have had procedures or surgery of your lower face or neck.
5. Avoid Aspirin, any NSAIDs (such as Motrin, Advil and Aleve), Vitamin E, St. John's Wort, and fish oil supplements for **5 DAYS** prior to the procedure. These medications increase bleeding and therefore you may be more likely to bruise after the procedure. If you have been prescribed one of these medications, ask the prescribing provider before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment.
6. To avoid possible discomfort during the procedure, it is recommended to take acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) or naproxen (Aleve) one hour prior to your scheduled appointment.
7. Have ibuprofen (Motrin, Advil) or naproxen (Aleve) and an antihistamine (Claritin, Zyrtec) available at home for discomfort and itching that may result from the procedure.
8. Consider having a scarf or other neck covering available to camouflage any swelling or bruising.
9. Please arrive at the office without make-up and a clean face. Pre-procedure photos will be taken.