

Element

Medical Aesthetics

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KYBELLA PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Avoid dental work (including standard teeth cleaning) at least 2 weeks prior to and following treatment.
- Avoid oral surgery at least one month prior to and after treatment.
- 6 days before treatment, do not ingest blood-thinning medications such as Aspirin, Motrin, Ibuprofen, and Aleve. If you have a cardiovascular history, please check with your doctor prior to stopping the use of blood thinners.
- Plan your procedure so that you can have 5-7 days before returning to work or important social engagements.
- Do NOT drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.

POST TREATMENT INSTRUCTIONS

- Wait for a minimum of 24 hours before receiving any skincare, waxing, or laser procedures in the treatment area.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid ibuprofen, aspirin, and naproxen for 3 days post treatment.
- Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Do NOT drink alcoholic beverages 24 hours after your treatment to avoid extra bruising.
- Try sleeping on your back with your head elevated for the 3-5 days following treatment.
- Drink plenty of water after treatment.

- Refrain from any additional cosmetic treatments in the Kybella treatment area until the area has healed.

FOLLOW-UP TREATMENT

- Follow-up treatments should be scheduled about every 4-6 weeks after each treatment.
- Kybella requires 2-6 sessions for optimal treatment.
- Please contact us with any questions or concerns you may have.