

Body+Beauty Lab®

KYBELLA®

PRE-TREATMENT CARE:

Kybella® is FDA approved for permanent fat destruction. In order to reduce the amount of bruising and/or swelling from the injection sites, please follow the instructions below.

1. Please keep in mind that you may wish to reschedule your treatment at least 3 weeks in advance if you have a special event or vacation coming up.
2. Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen and Aleve for 1 week prior to the treatment to minimize bruising and bleeding.
3. Avoid supplements including St. John's Wort, Ginko Biloba, Primrose Oil, Garlic, Flax Oil, Cod Liver Oil, Ginseng, Vitamin A and Vitamin E or any other essential fatty acids for 1 week prior to the treatment to minimize bruising and bleeding.
4. Do not drink alcoholic beverages, caffeine, Niacin Supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes for 24-48 hours prior to the treatment.
5. Please reschedule your appointment if you develop a cold, flu, infection, rash or blemishes in the area to be treated prior to arrival.
6. Kybella® will not be performed if you are under the age of 18, pregnant or breastfeeding, are allergic to any of the ingredients, have current or past history of Dysphagia "trouble swallowing", or have an infection at or near the injection sites. Please inform us if you have any questions about this prior to your treatment.
7. Careful consideration will be determined by the Body+Beauty Lab medical injector for Kybella® treatments on clients with excessive skin laxity, prominent platysmal bands, pronounced sub-mandibular glands, thyromegaly, cervical lymphadenopathy, prior surgery or aesthetic treatment to the area, presence of scar tissue in the treatment area, irritated or sunburned skin, a history or current use of blood thinners or blood thinning agents and/or anti-coagulants.
8. In order to maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated. Additionally, injectable lidocaine is added to Kybella® for comfort. Please inform Body+Beauty Lab of any possible allergies to anesthetic ingredients.

POST-TREATMENT CARE:

1. Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Aleve, (non-steroidal anti-inflammatory medications and ibuprofen) for 1 week after treatment to minimize bruising and bleeding.
2. Avoid supplements including St. John's Wort, Ginko Biloba, Primrose Oil, Garlic, Flax Oil, Cod Liver Oil, Ginseng, Vitamin A and Vitamin E or any other essential fatty acids for 1 week after the treatment to minimize bruising and bleeding.

3. Avoid alcoholic beverages, caffeine, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes for 24-48 hours after the treatment to minimize bruising and swelling.
4. Sleep on your back with head elevated for the next week after treatment.
5. Drink plenty of water and fluids after treatment.
6. For the next 1 week, avoid strenuous exercise and extended exposure to sun or heat, as these activities may cause temporary irritation and swelling at site of injection. Direct UV sun exposure is not recommended until the swelling and redness has completely subsided. Avoid hot water and steam on the face for 3-5 days.
7. Avoid cosmetic treatments such as facials, peels, injectable services, laser and ultrasound, face down massages and dental treatments to the Kybella® treatment area, for at least 3 weeks.
8. Do not touch, press, rub, massage or manipulate the treatment area.
9. You may apply makeup shortly after your treatment unless otherwise instructed by your medical injector.
10. You will likely experience mild irritation or tenderness, swelling, bruising, itching, redness and/or bumps at or near the injection site. These side effects are normal and usually resolve on their own in 7 days or less. However, if any of these signs/symptoms persist, please contact Body+Beauty Lab immediately.
11. You may use topical Arnica to help alleviate and reduce bruising, swelling and discomfort of treated areas.
12. You may take Tylenol for any residual post treatment discomfort.
13. You may place an ice pack or cool compress lightly on the injection sites to help alleviate any swelling during the first 24-48 hours. Place ice pack on site for 20 minutes and then off for 20 minutes. Repeat pattern as needed.

Please call Body+Beauty Lab immediately to report the development of an asymmetrical smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, any fever, chills, pain, redness, blisters, itching or skin blanching.