



TIMELESS

SKIN SOLUTIONS

kybella® before & after treatment instructions

Before treatment:

1. If you've started any antibiotics or other medications since your initial visit, please let us know. 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. Inform your medical provider if you are on blood thinners, or have had procedures or surgery of your lower face or neck.
2. Avoid aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, and fish oil supplements for 5 days prior to the procedure, because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment. To avoid possible discomfort, you may take 1g of acetaminophen (i.e. Tylenol) or NSAIDs (such as ibuprofen) one hour prior to your scheduled appointment.
3. Plan your procedure so that you can have 4 full days before returning to work or important social engagements. Consider having a scarf or other neck covering available to camouflage any swelling or bruising.
4. Have ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.

After treatment:

1. After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last less than 5 days, and 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 (614) 799-5100.
2. 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. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
3. Do not participate in strenuous activity for 3 days following treatment.

4. Sleep with your head elevated on at least 2 and preferably 3 pillows.
5. Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.
6. You may apply your normal skin care regimen and sunscreen normally.
7. Call the office at 614-799-5100 if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms. In case of emergency call 911. Questions that do not require immediate attention can be emailed to contact@timelessskinsolutions.com.

Kybella® treatments are done in a series. Please be sure to consult your Timeless Skin Solutions medical provider for additional treatments. If you have any questions or concerns please call our office at (614) 799-5100 or email contact@timelessskinsolutions.com.