

## KYBELLA Instructions

### Before KYBELLA:

1. Do not schedule KYBELLA injections if you have an important event within the next 2 weeks.
2. Take 600mg of ibuprofen about 1 hour before your appointment.
3. Tell your healthcare provider about all of your medical conditions, including if you:
  - Have had or plan to have surgery on your face, neck, or chin
  - Have had cosmetic treatments on your face, neck, or chin
  - Have had or have medical conditions in or near the neck area
  - Have had or have trouble swallowing
  - Have bleeding problems
  - Are pregnant or plan to become pregnant. It is not known if KYBELLA will harm your unborn baby.
  - Are breastfeeding or plan to breastfeed. It is not known if KYBELLA passes into your breast milk.
4. Tell your healthcare provider about all the medicines you take, including:
  - Prescription and over-the-counter medicines, vitamins, and herbal supplements. Especially tell your healthcare provider if you take a medicine that prevents the clotting of blood (antiplatelet or anticoagulant medications such as aspirin or non-steroidal, anti-inflammatory medications).

### After KYBELLA:

1. After the treatment, gently hold ice packs on the areas that are treated with KYBELLA for 10-15 minutes 3-4 times a day.
2. Treated areas may be red, inflamed, tender, and bruised for the first 1-2 weeks.
3. Swelling, numbness, and areas of hardness in the treated areas can last up to several weeks.
4. Resume all normal activities including exercise as long as it is comfortable for you.
5. Take ibuprofen if needed for discomfort after the treatment.
6. If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Arnica supplements to help bruising resolve faster.

**Remember to schedule your next appointment in 6-8 weeks. KYBELLA requires 2-6 sessions for optimal treatment. If you have any questions or concerns, please call the office at 985-727-7701.**