



## Kybella® Pre & Post Instructions

### Pre-Treatment Instructions

- Avoid supplements such as Gingko, Vitamin E and fish oil for 5 days prior to treatments to avoid increased bruising
- Avoid Aspirin for 5 days prior to treatment to avoid increased bruising
- Wash the area to be treated vigorously with antibacterial soap the night before or the morning of your treatment

### Treatment Day

- Take 600mg of Ibuprofen or Aleve 15-30 minutes prior to your appointment for treatment

### Post-Treatment Instructions

- You may go back to work, school and daily activities
- You may bruise & the bruising may last for 10 or more days after the treatment. Avoid the drugs and herbs listed above.
- Drinking pineapple juice may assist your body in healing the bruises.
- You may use the supplement, Arnica Montana, to assist in bruise healing.
- You may apply cold packs the day of the treatment for swelling.
- You may apply heat or cold to the treated area after 24 hours after treatment
- You may take Ibuprofen or Aleve as needed for discomfort or pain
- Avoid using Aspirin, Gingko, Vitamin E and fish oil for 48 hours after your treatment

Next Appointment: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_