



## *Patient Instructions for Kybella*

### *Pre-Treatment Instructions:*

1. Plan your procedure so that you will have 4-5 full days before returning to work or important social engagements. Have a scarf available to camouflage swelling and bruising.
2. Five days prior to your procedure, avoid vitamin E and all NSAIDs: ibuprofen (Motrin, Advil), Aleve, and aspirin. 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.
3. Take zyrtec 10 mg or benadryl 25 mg the day prior to your procedure. One hour prior to your procedure, take zyrtec 10 mg or benadryl 25 mg. You will need someone to drive you as these medications may cause sedation.
4. Make sure that you have ice, ibuprofen (Motrin, Advil), and anti-histamines (Zyrtec, benadryl) available at home for discomfort and itching that may result from the procedure.

### *Post-Treatment Instructions:*

1. 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.
2. Take ibuprofen and/or anti-histamines for pain and swelling.
3. Sleep with your head elevated on at least 2 and preferably 3 pillows for 1-2 nights.
4. Do not scratch, pick or traumatize the area in any way. You may apply your normal moisturizer and sunscreen .
5. Call the office at 781-938-1888 if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.