bare
MEDICAL SPA + LASER CENTER

KYBELLA PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- Always inform your clinician of all medications you are taking. If there are any updates to your medical history, please let us know.
- Avoid strenuous exercise the day of injections.
- Inform your clinician if you have a history of cold sores (HSV I) to receive advice on antiviral therapy prior to the treatment. If you are currently having an outbreak please call and reschedule your treatment until after the outbreak has resolved.
- If you have a special event or vacation coming up schedule your treatment at least 3-4 weeks in advance.
- For 1 week prior to treatment, please avoid the following medications that may increase the risk of bleeding and/or bruising: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naprosyn, Excedrin (all OTC pain pills except Tylenol), vitamin E, gingko biloba, omega-3 fatty acids, niacin supplements, cod liver oil, CoQ10, garlic and ginger.
- If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox, Eliquis), do NOT discontinue without first onsulting the prescribing physician. If you continue to take these medications the chances of developing an injection-related hematoma (blood clot) are higher.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Sunburned skin is difficult o treat so avoid exposure to the sun.
- Avoid alcohol for 48 hours before and after your treatment, as this may cause additional bruising and/or swelling.
- Arrive for your appointment wearing no makeup if possible. We recommend waiting at least 24 hours post treatment before using make up.

POST-PROCEDURE INSTRUCTIONS

- Apply ice every hour for at least 15 minutes, avoiding prolonged icing to prevent frostbite.
- Avoid massaging or manipulating the swelling area
- You can take either 2 pills of 500mg acetaminophen or 3-4 pills of 200mg Ibuprofen, if significan discomfort develops.
- Sleep with your head slightly elevated, preferably on 2-3 pillo ws for 2-3 nights. If your body was treated, keep this area elevated if possible.
- You may shower and wash your face (or body) as you regularly do.
- You may apply moisturizers or sunscreen to treatment area the next day.
- You may apply Arnica gel if you develop any bruising to expedite the healing process
- Avoid any gym activity for 3 days as exercise is known to worsen swelling and may be uncomfortable.
- It is absolutely normal to feel and see mild to moderate swelling, numbness, hardness to touch, tingling, redness and tenderness at the site of injections. You may occasionally see bruising or small bleeding that should resolve spontaneously.
- Some men might see an area of no hair growth (if done in chin area) after Kybella injection, which is temporary and will return to normal in 4-6 weeks.
- Most swelling happens immediately and the following day after treatment and will start improving by day 5.
- Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2-6 sessions for optimal treatment.

If you have any other concerns not listed, please call 802-861- 2273 or email info@barevt.com

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911**.