

WEST HILLS DERMATOLOGY GROUP

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Kybella (Non-Invasive Fat Reduction) Instructions

Pre-Kybella Instructions:

- Take ibuprofen or Motrin, or Advil 600mg about 1 hour before your appointment.
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.
- Inform your nurse or physician if you have a history of DIFFICULTY SWALLOWING, medication allergies, history of anaphylaxis, and any other medical problems.

Post-Kybella Instructions:

- After the treatment, hold ice packs on the areas that are treated with Kybella gently for a few times that day.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- Resume all normal activities including exercise as long as it is comfortable for you.
- Take ibuprofen, Motrin, or Advil if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel, or take Arnica tablets to help bruising resolve faster.
- Bruising can be covered with makeup. Examples: Dermablend or Avene Tinted Compact.

Remember to schedule your next appointment in 4-6 weeks. Kybella requires 2-6 sessions for optimal treatment.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance at 818-592-6005.