

# **WEST HILLS DERMATOLOGY GROUP**

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## **Kybella (Non-Invasive Fat Reduction) Instructions**

### **Pre-Kybella Instructions:**

- Take Tylenol 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 Tylenol 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.

If for any reason you feel that there are nodules, apply some warm compressions.

This can be done by taking a clean small sock and filling it with rice. Tie a knot in the sock to form a small sack. Put the sock in a microwave to heat it for around 30 seconds or so.

Place the sock on the inner side of the wrist to test the heat making sure it is not too hot.

Once temperature is tolerable, massage area for about 5 to 10 minutes with the sack of rice.

**Remember to schedule your next appointment in 6-8 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.**

DONNELL PRINTING (661) 942-1449 AUGUST 2016