



Post- Kybella Instructions

- After the treatment, hold ice packs or frozen peas on the areas that are treated with Kybella gently for a few minutes, throughout the day.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- Resume all normal activities include exercise as long as it is comfortable for you
- You may take ibuprofen, Motrin, or Advil if needed for discomfort after the treatment
- If bruising occurs, applying topical Arnica gel may be helpful, you can drink fresh pineapple juice if you would like to resolve bruising quicker.
- Bruising can be covered with makeup

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 (210) 468-5426.