



GREENWICH POINT DERMATOLOGY

KYBELLA

PRE-TREATMENT INSTRUCTIONS

- Avoid Kybella treatments if pregnant or breastfeeding.
- Limit smoking and drinking alcoholic beverages prior to treatment to promote healing.
- Avoid anti-inflammatory and blood thinning medications (aspirin, ibuprofen, vitamin E, Aleve etc.) for 2 weeks prior to your procedure, if possible, to reduce bruising and swelling.
- Prior to and after the procedure you can take Tylenol for discomfort.
- Schedule treatment 2 weeks prior to any special event for optimal results.
- Avoid dental work, including teeth cleaning, 2 weeks before filler appointment to avoid potential infections.

POST-TREATMENT INSTRUCTIONS

- Apply ice packs for 15 minutes, at least 3 times during the day of treatment to minimize bruising and swelling.
- Moderate or severe swelling, bruising, redness, and hardening of treatment areas will resolve in about a week.
- For mild discomfort, you may take Tylenol.
- Do not massage treated areas after treatment.
- Wear a broad-spectrum sunscreen with a minimum of SPF 30 daily.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid dental work, including teeth cleaning, 2 weeks after appointment to avoid potential infections.
- Call immediately if you develop an asymmetric smile, facial muscle weakness, or difficulty swallowing.

If you have any questions or concerns, please call our office at 203.764.2230.