

## *Pre-treatment*

- Before receiving Kybella®, tell your provider about any medical conditions you may have and review all contraindications. During your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.
- Certain medications and supplements may thin your blood and increase the chance of bruising. Consult with your primary doctor prior to stopping or altering medications and supplements.
- Discontinue blood thinners such as Aspirin, Aleve, Ibuprofen, Motrin, etc. starting 2 weeks before your treatment. If you are on chronic blood thinners like Coumadin or Lovenox, please let us know. This is not dangerous but will increase the risk of bruising.
- Discontinue alcohol 2 weeks prior to your treatment as this can thin your blood.
- Stop herbal medications or herbal teas starting 2 weeks before your treatment. This includes green tea and ginseng. Again, the bruising risk is increased on these herbal medications.
- Stop taking high doses of Vitamin E or any other high dose of vitamin 2 weeks before your treatment. (A multivitamin is fine.)
- Eat pineapple the day before your treatment. Pineapples have high bromelain content which helps decrease bruising.
- You can purchase medical grade arnica in our office to start taking the morning of your treatment.
- Ice during and after your treatment.
- Keep your head elevated above your heart for 4 hours after your procedure.
- The ideal time to schedule this procedure is at LEAST 3 weeks before a big event.

## *Post-treatment*

### Immediately After Treatment

- If bruising occurs, you may begin using our medical grade arnica to help bruising resolve faster.
- Do not drink alcoholic beverages 72 hours before (or after) your treatment to avoid extra bruising.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- You may also ice the area post treatment but must do so very carefully. The area will be numb, and you don't want to cause frostbite. An ice pack wrapped in a paper towel is best. Icing is recommended for the first 3 days post treatment.
- It is normal to experience numbness in the treated area for 6 weeks and a "bullfrog-like" swelling will be present for 4 days – some swelling will remain for 2-4 weeks after the initial treatment.
- Avoid exercise for at least 4 days. This is when you are most swollen.
- Avoid rubbing, massaging, or scrubbing injection sites for 24 hours after treatment.
- Sleep with your head elevated on 2-3 pillows for a few days.