

KYBELLA

Treatment Instructions

Please remember that aftercare **is under your control** and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

After Your Treatment:

- **SWELLING AND TENDERNESS AT THE INJECTION AREA FOR 1-2 WEEKS IS COMPLETELY NORMAL AND IS PART OF THE TREATMENT PROCESS.**
- Ice the treated areas for the next 24 hours. Place the icepack on the area for a few minutes and remove the ice pack often (never leave the icepack on for too long). Continue this pattern for 24 hours.
- Apply (over the counter) Arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort.
- Take (over the counter) acetaminophen (Tylenol) if needed to decrease post treatment discomfort.
- **Do not take** any blood thinning pain relief medication such as Ibuprofen, Advil, Aleve or Aspirin.
- Sleep on your back and with your head elevated for 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling and/or irritation.
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the Kybella treatment area for two weeks, or until the area is fully healed. Look Lab can assist and advise in coordinating specific treatment timing with other concurrent aesthetic services.
- Please contact Look Lab immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.

Before Your Next Kybella Treatment:

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
- Please remember that our obligation is to your aesthetic needs and if you have a social or occupational commitment that precludes a safe appointment and the appropriate recovery time then simply use "common sense caution" and kindly reschedule!
- Kybella is not used in pregnant or breastfeeding patients. It is your responsibility to inform our staff of your health status including any medication and cancel/reschedule your appointment if this applies to you.
- It is recommended to discontinue the use of Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary care provider prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (All of these factors may increase risk of bruising and swelling).
- If you develop a cold / flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, please contact Look Lab prior to your appointment. You can reach us via phone at 833.999.5665(LOOK)
- It is recommended to discontinue Retin-A two to three days before treatment to avoid any increased redness and irritation.
- The fact that you received Kybella treatment will be noticeable post treatment. We recommend that you bring a scarf or turtle neck for your treatment in order to camouflage any noticeable swelling after the procedure. You can use makeup, moisturizers and sunscreen the next day after your injections to cover up any bruising.

Communication:

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at info@LookLab.com or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram **@LookLabMedSpas**