



Congratulations on completing your Kybella treatment! Below are some recommendations and what you can expect post Kybella treatment:

### **Kybella Post-Care**

- Expect swelling, that persists for weeks.
- No heavy lifting or vigorous exercise for 24 hours following treatment.
- Avoid manipulation/massage of the area following treatment. This includes NOT doing facials, peels, microdermabrasion, micro needling, etc. for 14 days after treatment.
- Cold/ice packs may be applied to areas of swelling after injections for the first 12 hours.
- Wearing makeup is not recommended for the next 24 hours.
- You may follow your normal skincare routine tonight using gentle cleansers and light washing.
- Common side effects after Kybella include burning sensation following injections, significant swelling, bruising, numbness, and discomfort in the treatment area. Swelling may last 1-2 weeks after injections. Numbness may also last weeks after injections. Please notify us if you develop trouble swallowing.
- Please schedule your next Kybella treatment in 6 weeks.