



## Pre and Post Care Kybella

What are common side effects?

**Swelling:** swelling is the biggest side effect after kybella injections. Severe swelling can last up to a week and residual swelling can last another 2-4 weeks. You can take an anti-histamine, such as Zyrtec, to help with the inflammation as well as ice. Lymphatic massage is also a great way to help reduce swelling.

**Bruising:** We suggest that you avoid vitamins, alcohol, aspirin and ibuprofen products in order to minimize the chance of bruising. A bruise can last 2-3 days or up to 2 weeks depending on type and location. Arnica and ice can help with bruising initially. After 72 hours, warm compresses can also help!

**Numbness/Tenderness:** mild numbness/tenderness along injection site can occur in patient post treatment. Temporary hardened sensation can also result from injections as well as temporary hair loss in the area of injection (only significant if you have facial hair in treated area). Applying ice to the area periodically throughout the day can help alleviate some discomfort. In rare instances, injury to the marginal mandibular nerve during treatment can also lead to a temporary asymmetric smile but should resolve with time.

How long before I start to see results?

Kybella usually involves a series of treatments and results happen gradually. You can start to see results within 4-6 weeks but more noticeable results are seen 3 months after treatment.

How many treatments do I need?

Most clients need around 3 treatments