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**Treatment Instructions for Kybella**

*Disclaimer: You are not a candidate if you are pregnant or breast feeding.*

Pre-Treatment Instructions:

* Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
* Do NOT use the following products 2 days prior or 2 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
* Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
* Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
* Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
* Schedule your Kybella appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation (due to bruising and swelling)
* Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
* **Consider taking Arnica tablets 1 week prior to injections to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

* Apply your Elta MD sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
* Do NOT pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
* Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.)
* Do NOT consume alcohol or sodium for 3 days post treatment to avoid excess swelling.
* Avoid strenuous exercise for 24 hours post treatment.
* Sleep on your back with your head elevated to decrease swelling.

What To Expect:

* You will experience swelling and bruising for 3-5 days post treatment and will begin decreasing over a period of the next few weeks.
* If you have swelling you may apply a cool compress for 15 minutes each hour and take Tylenol to ease discomfort.
* Many patients need 2 treatments for desired results, please schedule a follow-up appointment 4-6 weeks after your first treatment.