

KAROL A GUTOWSKI, MD, FACS
AESTHETIC SURGERY
CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

BEFORE & AFTER INSTRUCTIONS FOR INJECTABLE FAT REDUCTION
KYBELLA (DEOXYCHOLIC ACID)

BEFORE INJECTION INSTRUCTIONS

- No Aspirin or other medications that interfere with blood clotting for 10 days before treatment as you may bruise excessively. It may be best to avoid Vitamin E, Ginkgo Biloba, Aleve, St. John's Wort, garlic, and Ibuprofen and other similar medications (Motrin, Advil, Naproxen, Aleve, etc) also. If you are on a blood thinner for a medical reason, check with your doctor before stopping it.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment, and at least 2 days after the procedure.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform Dr. Gutowski at least one week before your appointment, so you can get a medication to prevent an outbreak.
- Expect bruising and swelling in the treatment area which may last up to one week. You may want to refrain from going to any special events during this time.

AFTER INJECTION INSTRUCTIONS

- Expect redness, swelling, bruising and tenderness, after the injection treatment. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office for advice.
- **Cold compresses** may be used after the treatment to reduce swelling, and decrease soreness. Apply for 10 to 15 minutes at a time. Do NOT apply cool packs in areas that are numb.
- You may take acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after treatment, if no complications are present, such as wounds, bleeding or infection.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser or a mild soap.
- Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 1 month to see if additional treatment is needed. Remember this procedure is fine-tuned toward the look you want to achieve, and is not an exact science.
- Call Dr. Gutowski immediately at 773-870-0732 if you experience unusual problems. You may email or text a picture of the area in question before calling.