***Kybella Instructions***

**Before the procedure:**

Avoid all NSAIDS (aspirin, ibuprofen, motrin, advil, aleve) for one week prior.

Avoid herbal supplement and teas for 2 weeks prior.

Start taking Zyrtec or benedryl 2 days before the procedure and on day of procedure (1 tablet daily) to help with swelling from the procedure. Avoid if you are sensitive or allergic.

**30 min- One hour before procedure (can take in waiting room**)

Take Ibuprofen 600mg after food. This will help with discomfort at the time of the injection.

**After the procedure**

Avoid exercising for the next 24 hours. Avoid makeup to the injection sites.

You will notice significant swelling for the first 24-72 hours. This area may look larger than before the injection.

Continue to take Zyrtec or benedryl daily for 3 days after the injection to help with the swelling.

Avoid ibuprofen, aleve, advil, aspirin or other NSAIDs for 3 days.

One week after the procedure, the swelling should return to your baseline. In the following weeks, you will notice a gradual improvement in swelling for 4-8 weeks at which time you should schedule your second treatment session.

Bruising is normal and will begin to fade after 3-5 days.

The sensation of liquid in the area is normal and will improve after 3-5 days.

Numbness to the area is normal and can take several days to weeks to improve.

You can apply a pressure wrap for comfort.

It is important to remember that you will not see your final result until all treatment sessions have been completed. Generally 3-5 spaced 6-8 weeks apart.

**You will be seen by Dr. Ramanadham at 2 weeks following treatment.**

**Call Dr. Ramanadham immediately with any fevers, worsening pain, redness, drainage, odor, worsening swelling.**