



PracticallyPerfect
MEDICAL AESTHETICS

Post-Care for Kybella Treatment

You may experience the following:

- * Swelling, redness, firmness, warmth, numbness and tenderness may be present for up to 2-3 weeks after Kybella. Gently apply ice or cold pack to the treatment area several times a day.
- * Do not massage or put pressure on the treated area.
- * Ibuprofen (Motrin/Advil), Aleve or Tylenol (acetaminophen) may be used for any discomfort or swelling after the injections.
- * Arnica Montana (available at health food stores) may help with bruising. This product is available in both topical and oral formulations.
- * Resume all normal activities, including exercise, as long as it is comfortable for you.
- * If you develop an asymmetric smile, facial muscle weakness or difficulty swallowing, contact the office.

Remember to schedule your next Kybella appointment in 6-8 weeks. Kybella requires 2-6 sessions for optimal treatment.

We want you to have an outstanding result. If you have any questions unexpected concerns, please call the office at (214) 763-6559 or send an Email to practicallyperfectaesthetics@gmail.com