

KYBELLA PRE-TREATMENT INSTRUCTIONS

10 days prior to your treatment, discontinue substances that can prolong bleeding and increase the chances of bruising, such as: aspirin, naproxen, ibuprofen, Aleve, vitamin E, Coumadin, Plavix, fish oil, garlic tabs, ginkgo biloba, St. John's Wort, ginseng, and herbal tea. If you have been prescribed one of these medications, ask your doctor before you stop taking it.

Tylenol will not cause bruising and is preferred for the week prior to treatment.

Avoid alcohol the night prior to your treatment, as this also increases chances of bruising.

Plan your procedure so that you can have 4 full days before returning to work or important social engagements. Consider having a scarf or other neck covering available to camouflage any swelling or bruising after the treatment.

Male patients should arrive without thick full beard.

Decrease salt intake.

Have ibuprofen and Zyrtec or Benedryl (an antihistamine) available at home for discomfort and itching that may result from the procedure.

If you have any questions before your Kybella treatment, please call the office at 303-532-2810. We are happy to answer any questions you may have.