

## KYBELLA POST TREATMENT CARE

Bruising, swelling, mild discomfort, redness and numbness can be expected after your treatment. These effects should resolve within 1-2 weeks of your treatment. Please avoid exercise at this time, and take it easy in general. This is a precautionary measure to reduce overall bruising and swelling.

The most downtime usually occurs after your first treatment session. Subsequent treatments generally result in significantly less swelling.

The area may feel sore, “jiggly”, full, or heavy from the product and swelling from your body’s reaction to the product. The area may appear larger than before the treatment. This is typical; once the product is absorbed into the system, the area will look more like it did prior to the treatment.

Makeup can be applied immediately after treatment to help cover any bruising or redness.

Application of ice intermittently for a short period of time after the treatment may help reduce swelling. Taking the herbal supplement arnica may help reduce bruising, which may be purchased in office or at any health food store.

Do not scratch, pick, scrub, or irritate the area in any way. You may apply your normal moisturizer and sunscreen.

Sleep with an extra pillow under your head.

*Please call the office at 303-532-2810 if you have any questions, or if you experience difficulty swallowing, crusting or scabbing, asymmetry of your smile, or any other unusual symptoms.*

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