



## **Guam Dermatology Institute**

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### **Kybella After Care**

Ice the area. Use a small bag of crushed ice to gently ice the area. Ice for 10 minutes on and 30 minutes off. Continue the icing for 48 hours if possible.

Minimize strenuous exercise: We recommend no strenuous exercise for 48 hours to reduce swelling and bruising.

Do not manipulate, massage, rub or poke the area. Do not massage or manipulate the treated area which will be quite swollen after Kybella® injections. You may shower and wash your face with gentle cleanser.

Concealer can be used to cover up any bruises after injections. Use make-up, moisturizers, sunscreen and concealer the next day to cover up bruises.

Do not prematurely evaluate results. The first few days after your treatment the treated area will be swollen; it will take weeks for results to become noticeable. We recommend not evaluating results until completing your course of treatment.

Take Tylenol for pain: It is normal to experience some pain and sensitivity in the area of the injections. Most patients find that Tylenol can help relieve this post-injection pain. Avoid NSAIDs such as Motrin and ibuprofen as these can make swelling and bruising worse.

### **WHAT TO EXPECT**

Bruising. Bruises may last 1-2 weeks. Bruises can show up several days after the treatment.

Swelling, Inflammation and Redness. Swelling will be the worst the first two days and is mostly due to localized inflammation. Initial swelling can take up to 1- 2 weeks to settle. Sleeping propped up and icing can minimize this side effect. Avoid exercise first 48 hours or longer as swelling increases when working out.

Localized "firmness" or numbness under the skin rarely occurs and is temporary.