

# REFINED BEAUTY

## Kybella Post Treatment Instructions

1. Swelling and numbness will be present to the area for up to 6 weeks
2. Do NOT touch, press, rub, massage, or manipulate the treatment area.
3. Avoid ice and anti-inflammatories for the next 2 weeks..
4. Sleep on your back and wit head elevated for the next 3-5 days after treatment to decrease swelling.
5. Drink plenty of water and fluids after treatment.
6. Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
7. Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
8. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
9. Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the Kybella treatment area.
10. Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.
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