LAVISH WELLNESS & WEIGHT LOSS

KYBELLA TREATMENT INSTRUCTIONS

Post-Treatment Care & Recovery Guidelines

Please remember that aftercare is under your control and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions:

EXPECTED POST-TREATMENT REACTION

SWELLING AND TENDERNESS AT THE INJECTION AREA FOR 1–2 WEEKS IS COMPLETELY NORMAL AND IS AN EXPECTED PART OF THE TREATMENT PROCESS.

AFTER YOUR TREATMENT

- **Ice Application (24 Hours):** Intermittently ice the treated areas for the first 24 hours. Apply the ice pack for a few minutes at a time and remove frequently (never leave ice directly on bare skin or on for extended periods).
- **Topical Care:** Apply over-the-counter Arnica gel to the treatment area to help diminish bruising, swelling, and localized discomfort.
- **Pain Management:** Take over-the-counter acetaminophen (Tylenol) if needed for post-treatment tenderness. **Do not take blood-thinning pain relievers** such as Ibuprofen, Advil, Aleve, or Aspirin.
- **Sleeping Position:** Sleep on your back with your head elevated for 3–5 days post-treatment to encourage fluid drainage and reduce swelling.
- **Hydration & Activity:** Drink plenty of water and fluids. Avoid vigorous exercise, direct sunlight, and excessive heat exposure for 3–5 days.
- **Avoid Blood Thinners (3–7 Days):** Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or essential fatty acids for 3 days to 1 week. Consult your physician before stopping prescribed medications.
- **Dietary Considerations (24–48 Hours):** Refrain from alcohol, caffeine, Niacin supplements, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and cigarettes for 24–48 hours, as these aggravate swelling.
- **Cosmetic Treatment Restrictions:** Avoid cosmetic procedures (injectables, laser, ultrasound, chemical peels, facials, or microdermabrasion) to the Kybella area for 2 weeks or until fully healed.

URGENT SYMPTOMS ALERT

Contact **Lavish Wellness & Weight Loss** immediately if you develop an asymmetric smile, facial muscle weakness, skin ulceration in the treated area, difficulty swallowing, or if any symptom progressively worsens.

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Pre-Treatment Preparation & Contact Details

BEFORE YOUR NEXT KYBELLA TREATMENT

- **Event Planning:** If you have a special event or vacation coming up, schedule your treatment session at least 2 weeks in advance to allow full recovery.
- **Common-Sense Caution:** If you have social or occupational commitments that preclude appropriate recovery time, please use common-sense caution and reschedule.
- **Pregnancy & Breastfeeding:** Kybella is not used in pregnant or breastfeeding patients. Inform our staff of your health status and reschedule if applicable.
- **Pre-Treatment Supplement Pause:** Discontinue Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or essential fatty acids 3 days to 1 week prior to your session to minimize bruising.
- **Pre-Treatment Dietary Restrictions:** Avoid alcohol, caffeine, Niacin, high-sodium/sugar foods, refined carbs, spicy foods, and cigarettes 24–48 hours before treatment.
- **Skin Health Notice:** If you develop a cold/flu, cold sore, blemish, or rash in the submental/treatment area prior to your appointment, please call us to reschedule.
- **Skincare Pause:** Discontinue Retin-A / Retinoids 2–3 days prior to treatment to avoid increased skin redness and irritation.
- **Post-Procedure Concealment:** Post-treatment swelling will be visible. We recommend bringing a scarf or turtleneck to camouflage initial swelling. You may resume makeup, moisturizers, and sunscreen the day after injections.

PATIENT CARE & COMMUNICATION

The most important person at **Lavish Wellness & Weight Loss** is you, the patient! We are 100% committed to giving you the perfect experience.

Clinical Enquiries & Appointments: Notify our clinical staff at **(951) 729-3994** with any medical questions or to schedule a follow-up evaluation.

Medical Emergency: In case of a severe medical emergency, please visit the nearest emergency room immediately.

Feedback: Share your recovery progress or leave us a review on Google, Yelp, or Facebook!