



Kybella (Non-invasive fat reduction) Instructions

Pre-Kybella Instructions:

- Kybella should not be used in patients who are pregnant, nursing, or trying to get pregnant, have experienced hypersensitivity in the past, or those with severe allergies.
- You should not get this procedure if you currently have or have a history of: nerve damage, facial paralysis, facial movement issues, difficulty swallowing, bleeding problems, and/or prior surgical treatments or medical conditions on or near your face, neck or chin.
- It is recommended that you take ibuprofen or Advil 600mg about 1 hour before your appointment.
- The ideal time to schedule this procedure is at least 2 weeks before a big event.
- If you are a male, you should come clean shaven (neck) to the treatment.
- Do not schedule major dental work for 2 weeks after your treatment.

Post-Kybella Instructions:

- After the treatment, gently hold ice packs on the areas that are treated with Kybella for a few times that day.
- Do not rub the area treated. Do not massage the area.
- Avoid strenuous exercise and alcohol for 24 hours after treatment.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- Numbness is common for the first few weeks to month.
- It is OK to resume all normal activities include exercise as long as it is comfortable for you.
- It is OK to take ibuprofen, Motrin or Advil if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel or take bromelain supplements to help bruising resolve faster. Bruising can also be covered with makeup.
- You should immediately notify Revive medical staff if you experience severe or extended: pain, redness, swelling, bruising, lumpiness, sign of infection, blood supply compromise, trouble swallowing, uneven smile or trouble with moving the mouth/chin. Signs of blood supply compromise include blanching/whitening or blackening of the skin, pain, or skin sloughing.

Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2- 6 sessions for optimal treatment. We want you to have an outstanding result.

Pictures will be obtained for medical records. If pictures are used for education and marketing purposes, all identifying marks will be cropped or removed.

Please call should you have any questions prior to your appointment.

Tel: 619.293.7233 www.revivesalonandspa.com