



## KYBELLA PRE/POST CARE

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### Kybella Pre/Post Care Instructions

- ✓ The morning of your treatment you should take ibuprofen if you are able to tolerate this medication.
- ✓ Avoid heavy exercise the day of your treatment.
- ✓ It is your responsibility to give Ana Greenberger, NP, a full and truthful health history including any medical conditions in or near the neck area, bleeding problems, are taking blood thinners or any medications that prevent the clotting of the blood, are pregnant or plan to become pregnant and are breastfeeding or plan to breastfeed.
- ✓ Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
- ✓ DO NOT massage the injection site.
- ✓ If you are able to tolerate ibuprofen, take 200 mg three times daily, beginning the day of your treatment and for the following four days.
- ✓ Notify our office of any significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or if a fever occurs.
- ✓ Inform your healthcare provider if you develop signs of marginal mandibular nerve paresis (i.e. asymmetric smile, facial muscle weakness), difficulty swallowing, or if any existing symptom worsens.

Please contact the office if you have any questions or concerns.

