



KYBELLA®

# DISCHARGE INSTRUCTIONS

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## WHAT TO EXPECT:

- You will experience swelling and bruising for three (3) to five (5) days post treatment, which will begin decreasing over the next few weeks. Swelling can last up to four (4) to six (6) weeks.
- Do **NOT** massage the injection site. Swelling, tenderness, bruising, numbness, and firm nodules may occur and will resolve over time without intervention. **RESULTS ARE NOT IMMEDIATE.** Results may be seen as early as four (4) to six (6) weeks post-treatment, but full results will not be noticed until twelve (12) weeks post-treatment. Numbness can last up to twelve (12) weeks.
- Many patients need two (2) to three (3) treatments to achieve their desired result. Please schedule a **FOLLOW UP APPOINTMENT** four (4) to six (6) weeks after your appointment.

## DISCHARGE INSTRUCTIONS:

- **AVOID** hot baths or showers for at least twenty-four (24) hours post treatment.
- **ICE PACKS** can be used on the treatment area decrease swelling and minimize discomfort.
- **DRINK** plenty of water after your treatment.
- **NO VIGOROUS EXERCISE** for twenty-four (24) hours after your treatment.
- Wear **LOOSE FITTING CLOTHES** for at least forty-eight (48) hours after your treatment.
- Remember, bruising may last for ten (10) days or more after treatment. Avoiding the drugs and herbals mentioned in the “Pre-Treatment Advice” helps reduce bruising. In addition, you may use arnica cream three (3) to four (4) times a day for the next two (2) to three (3) days.
  - **DO NOT** use any other creams or lotions on the treated areas for 48 hours.
- Take over the counter acetaminophen (Tylenol®) if needed for any discomfort post-treatment.
- **AVOID** even casual sunbathing for forty-eight (48) hours after your treatment. After 48 hours, use at least an SPF 30 sunscreen whenever treated areas are exposed to any sunlight for two (2) weeks following your treatment. Do not sunbathe or use tanning beds during these two (2) weeks.
- **AVOID** cosmetic treatments such as injectable, lasers, peels, facials, microneedling to the Kybella® treatment area for four (4) to six (6) weeks.
- Call Minnie Street Aesthetics if you experience any of the following:
  - Uneven smile or facial muscle weakness
  - Trouble swallowing
  - Tissue ulceration
  - Unacceptable deformities or asymmetries in the treated area
  - Hair loss (alopecia) in treated area

**Please contact Minnie Street Aesthetics at (507) 254-7072 if you have any questions, concerns, or compliments regarding your treatment.**