

Date \_\_\_\_\_ Time \_\_\_\_\_



## PRE-TREATMENT ADVICE

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- Schedule your Kybella® appointment at least four (4) weeks **PRIOR** to a special event such as a wedding or a vacation to allow for complete healing.
- **RESCHEDULE** your appointment at least twenty-four (24) hours in advance if you find a rash, cold sore, or blemish in the treatment area.
- **AVOID** blood thinners (unless prescribed) ten (10) days prior to and four (4) day after your Kybella® treatment. Patients that bruise easily, or who take blood thinning medications/supplements may bruise more easily. Medications and supplements that may increase the risk of bruising include:
  - Aspirin (e.g. Excedrin®)
  - Ibuprophen (e.g. Advil®, Motrin®)
  - Naproxen (Aleve®, Naprosyn®)
  - Omega-3s
  - St John's Wort
  - Vitamin A & E
  - Gingko Biloba
  - Evening Primrose Oil
  - Garlic
  - Feverfew
  - Ginseng
  - Flax Oil & Fish Oil
- **DISCONTINUE** Retin-A (Tretinoin), Retinol, and Glycolic Acid two (2) days before and two (2) days after treatment.
- Accutane® must be be **DISCONTINUED** twelve (12) months in advance of this treatment.
- Try to **LIMIT CAFFEINE INTAKE** in the 24 hours before your treatment.
- **AVOID** alcohol, high-sodium foods, high-sugar foods, and cigarettes twenty-four (24) hours before your appointment as these products may contribute to increased swelling and/or irritation.
- If you would like to **MINIMIZE THE RISK OF BRUISING** after treatment, you may consider the use of SinEcch® (Arnica Montana). Usage depends on the formulation.

### On the morning of your treatment:

- **Wash** the area to be treated vigorously with antibacterial soap.
- Do not use any lotions, creams, bath oils, or sprays on the areas to be treated.
- Eat a **light, high protein meal** two to four (2-4) hours before your appointment. A **high protein bar** (30 grams of protein or more) approximately 30-45 minutes before your treatment can really help.