



Kybella: Patient Pre and Post Care Instructions

KYBELLA® is an FDA-approved injectable treatment for the permanent spot reduction of fat, deoxycholic acid, a naturally-occurring molecule in the body that aids in the breakdown and absorption of dietary fat. The procedure involves injections of standardized ingredients into the subcutaneous fatty layer below the surface of the skin. KYBELLA is safe and effective treatment for reducing pockets of subcutaneous fat.

PRE TREATMENT

- To see maximum results of KYBELLA, it is *essential* that you do not gain weight during the *entire* course of your treatment series. You may be weighed at the beginning and end of your treatment series. Even weight gain of just a few pounds can negate your results.
- To decrease the chance of bruising and bleeding at the injection site, avoid taking all optional blood thinning medications one week prior to treatment. These medications include Aspirin and NSAIDS. Please notify our office in advance if you are taking Coumadin, Plavix, or any other blood thinner.

24 HOURS POST TREATMENT

- Redness, swelling, firmness/hardness and bruises are common post procedure occurrences, the sensation of burning/stinging that occurs with the procedure generally resolves within the first day. Soreness, swelling and firmness tend to gradually decrease 1-4 weeks following procedure.
- No use of steroids or other anti-inflammatory medications (aspirin, Tylenol, Advil, Aleve etc.) for 48 hours following treatment, to reduce the risk of bruising.
- Avoid exercising and eating salty foods for 48 hours following procedure, to reduce excess swelling.
- May sleep with head propped up on a pillow or two for first few days following procedure to aid in reduction of swelling.
- Ice may be applied to the area to reduce discomfort, best to ice no longer than 2-5 minutes at a time to avoid freezing the tissues. May ice several times daily as needed.

COURSE OF TREATMENT INSTRUCTIONS

- Limit *optional* anti-inflammatory oral medications such as Aspirin and NSAIDS.
- Tylenol products may be used for pain.
- VanderVeer Center suggests the use of the following products and supplements (all available at VanderVeer Center) throughout your entire KYBELLA treatments to maximize your results:
 - VOLANTE Radiant Glow Body Serum: Massage on treated area(s) morning and night.
 - VOLANTE Skincare Healer Concealer

Please call VanderVeer Center immediately if you are experiencing severe discomfort or swelling.
Contact us at **503-443-2250** if you experience any of the above symptoms.