

Kybella

Pre-Treatment Instructions

1. Always inform your clinician of all medications you are taking. If there are any updates to your medical history, please let us know.
2. Avoid strenuous exercise the day of injections.
3. Inform your clinician if you have a history of cold sores (HSV I) to receive advice on antiviral therapy prior to the treatment. If you are currently having an outbreak please call and reschedule your treatment until after the outbreak has resolved.
4. If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
5. For 1 week prior to treatment, please avoid the following medications that may increase the risk of bleeding and/or bruising: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naprosyn, Excedrin (all OTC pain pills except Tylenol), Vitamin E, Gingko Biloba, Omega-3 fatty acids, niacin supplements, cod liver oil, CoQ10, garlic and ginger.
6. If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox, Eliquis), do NOT discontinue without first consulting the prescribing physician. If you continue to take these medications the chances of developing an injection-related hematoma (blood clot) are higher. This hematoma can leave a dark spot if it becomes entrapped around the injected filler. The dark spot may remain until the filler is naturally dissolved.
8. Discontinue Retin-A two (2) days before and two (2) days after treatment.
9. Sunburned skin is difficult to treat so avoid exposure to the sun.
10. AVOID: Alcohol for 48 hours before and after your treatment, as this may cause additional bruising and/or swelling.
11. Arrive for your appointment wearing no makeup if possible. You will be able to apply makeup after your treatment, although we recommend waiting at least 24 hours.

Post-Treatment Instructions

1. Apply ice every hour for at least 15min. You may apply it for 5 min intervals with 10 min breaks, but avoid prolonged icing to avoid developing frostbite
2. Avoid massaging or manipulating the swelling area
3. You can take either 2 pills of 500mg acetaminophen or 3-4 pills of 200mg Ibuprofen, if significant discomfort develops.
4. Sleep with your head slightly elevated, preferably on 2-3 pillows for 2-3 nights. If your body was treated, keep this area elevated if possible.
5. You may shower and wash your face (or body) as you regularly do.
6. You may apply moisturizers or sunscreen to treatment area the next day.
7. You may apply Arnica gel if you develop any bruising to expedite the healing process.

*In case of emergency - please contact Jamie Spano (owner) at (802) 999-4070.

8. Avoid any gym activity for 3 days as exercise is known to worsen swelling and may be uncomfortable.
9. It is absolutely normal to feel and see mild to moderate swelling, numbness, hardness to touch, tingling, redness and tenderness at the site of injections. You may occasionally see bruising or small bleeding that should resolve spontaneously.
10. Some men might see an area of no hair growth (if done in chin area) after Kybella injection, which is temporary and will return to normal in 4-6 weeks.
11. Most swelling happens immediately and the following day after treatment and will start improving by day 5.
12. Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2- 6 sessions for optimal treatment.
13. If you develop difficulty breathing, difficulty swallowing, skin discoloration or scabbing, you must immediately inform Bare Medical Spa at (802) 861-2273 or call 911.

If you have any questions or concerns, contact us at (802) 861-2273 or email info@barevt.com.

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