

**Kybella Post Care**

After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last less than 5 days, and for some patients may last up to 14 days. If the symptoms continue beyond 10 days or if other reactions occur, please contact the office.

You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.

Do not participate in strenuous activity for 3 days following treatment Sleep with your head elevated on at least 2 and preferably 3 pillows.

Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.

You may apply your normal skin care regimen and sunscreen normally.