

Kybella™ Pre and Post Treatment Information

Pre-Treatment Information: “How to Prepare”

- Discontinue NSAIDS (Aleve – naproxen sodium, Advil - Ibuprofen, etc.), Aspirin or Aspirin-containing products (Excedrin, BC/Goody powders), for 10 days prior to your treatment.
- Discontinue St. John’s Wort, vitamin E, fish oil and garlic supplements for 10 days prior to your treatment.
- Arrive with no makeup or products on your neck and chin area.
- If you are prone to bruising or bleeding, you may take Arnica pills starting 3 days prior to treatment (3-5 pills, 3 times a day). You can find them at Whole Foods, Earth Fare, and supplement stores.
- Men may shave the day of your treatment, however, not necessary.

Post-Treatment Information: “What to Expect”

Your treatment involves multiple injections designed to induce an inflammatory reaction in the area of treatment thus commonly you can expect the following:

- Pain described as mild in 75% of individuals that will peak the evening after the treatment. Pain is most commonly described as “tender” in 4 hours (on average this can last 7 days). However, some patients may also experience numbness in the treatment area for 7-14 days.
- Swelling/Induration (a hard or heavy feeling, like a “hockey puck”) can be expected, and can last 10-14 days. Some patients can have this swelling for up to 30 days.
- Bruising at the injection site is common and will resolve as any other bruise does.
- Numbness in the treated area, as mentioned earlier, is common and can take up to 30 days to resolve.
- Approximately 1.9% of those treated to date have experienced some difficulty swallowing, which is attributable to the sensation of fullness in the treated area from the volume of liquid injected and/or swelling/edema. On average this resolved in 3-5 days for most individuals.
- Should you experience asymmetry in your smile, notify Greensboro Dermatology as this may represent a transient paralysis of the Marginal Mandibular Nerve. In the clinical trials, all cases have resolved without additional interventions needed with a median duration of 44 days (Range 1-298 days).
- Additional comfort post treatment can be obtained by putting ice to the treated area for 20 minutes every 2-3 hours.
- Continued use of Arnica pills for 3-5 days post-treatment can be helpful if bruising is present.
- After 3 days, you may restart any supplements stopped prior to treatment after 3 days.

Please call us at 336-954-7546 if you have any questions or concerns prior to or after treatment.