



ΣCare Medical Group
PATRICIA JANKI MD PA

Occupational Medicine • Corporate Wellness • Travel Medicine • Immigration Physicals • Aesthetics • Family Practice

Kybella (Non-Invasive fat reductions) Instructions

Pre-Kybella Instructions:

- **Do** take ibuprofen or Motrin, or Advil 600 mg about 1 hour before your appointment
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.
- **Do** inform your nurse or physician if you have a history of Difficulty Swallowing, medication allergies, history of anaphylaxis, and any other medical problems.

Post-Kybella Instructions:

- After the treatment, **Do** hold ice packs on the areas that are treated with Kybella gently for a few times a day.
- Treated areas may be red, inflamed, swollen and bruised for the first 2-7 days.
- **Do** resume all normal activities, include exercise as long as it is comfortable to you.
- **Do** take ibuprofen, motrin, or advil if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. Examples: Dermablend (available at CVS or Macy's) or Colorescience Corrector Palette.

Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2-6 sessions for optimal treatment.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office at (713) 330-4325 for assistance.