

Kybella® - Aftercare Instructions

1. Do NOT, touch, press, rub, massage, or manipulate the treatment area.
2. Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes on/off for 24 hours while awake.
3. Apply (over the counter) Arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort.
4. Take Tylenol (acetaminophen) or Ibuprofen (Advil/Motrin) if needed to decrease post treatment discomfort.
5. Avoid Aspirin products (e.g. Excedrin) or Naproxen (Alevel) for 72 hours after treatment. These items may increase bleeding and bruising.
6. Sleep on your back and with head elevated for if you experience swelling.
7. Drink plenty of water and fluids after treatment.
8. Avoid vigorous exercise, sun and heat exposure for 72 hours after treatment.
9. Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the Kybella treatment area until cleared by Dr. Hahn
10. Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.

If you have any questions or concerns regarding your treatment, please notify Dr. Hahn. You can call his office: (410)821-5151 or email: mdfacialplasticsurgery@gmail.com