

**POST TREATMENT INSTRUCTIONS AFTER KYBELLA**

* + Redness may last up to a week and may be camouflaged with makeup.
	+ Swelling may last up to 10 days. Swelling can be significant. It is important to do the following:
		- Applying a cloth covered ice pack for 20 minute intervals will reduce local swelling.
		- You my wrap an ACE bandage around the neck area and top of the head as needed to reduce swelling.
		- Sleep slightly elevated on several pillows the first night or two to minimize swelling.
	+ Mild bruising is possible. Arnica may be purchased from the practice if needed to help reduce bruising and swelling. Make-up can be used to cover up bruising.
	+ Activity should be limited for the first 24 hours. Elevation of blood pressure from exercise or strenuous activity may increase swelling and bruising.
	+ Localized tenderness will subside in 7-10 days. It is common to feel slight numbness or firmness in the injected area for the first 2-3 weeks.
	+ Take Tylenol as needed for pain control (per the box instructions) following the injection.

CALL THE PRACTICE IF YOU HAVE QUESTIONS OR CONCERNS. SCHEDULE A FOLLOW-UP APPOINTMENT 8 weeks after your injection to review the result.