



Kybella/PDA Post-Procedure Instructions

Do NOT, touch, press, rub, massage, or manipulate the treatment area. Ice the treated areas for the next 24 hours. Place the ice pack on the area for 20 minutes and remove the ice pack for 20 minutes.

It is normal to experience warm, tenderness, firmness, lumps, redness, hypersensitivity, altered sensation to the treated area. This is normal and to be expected.

Continue this pattern for 24 hours. Apply (over the counter) Arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort.

Take (over the counter) acetaminophen and/or pain reliever if needed to decrease post treatment discomfort.

Drink plenty of water and fluids after treatment. Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.

Avoid alcohol, aspirin, ibuprofen, Naprosyn, and fish oil for 3 days to 1 week after treatment. These items may increase bleeding and bruising.

These items may contribute to increased swelling or irritation. Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the Kybella/PDA treatment area.

We can assist and advise in coordinating specific treatment timing with other concurrent aesthetic services.

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.

Initials

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