

# KYBELLA

## POST-CARE INSTRUCTIONS

- DO NOT touch, press, rub, massage, or manipulate the treatment area for 24 hours.
- Ice the treated areas on and off for the next 24 hours to help with swelling and discomfort.
- You may take over-the-counter Tylenol for pain relief.
- Sleep on your back with your head elevated to help minimize swelling.
- Drink plenty of water and avoid alcohol, caffeine, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and nicotine.
- It is normal to have swelling post-procedure.
- After several days, you may start a gentle daily massage to the area.
- Schedule your next appointment/treatment in 6-8 weeks.