



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR KYBELLA INJECTIONS

[For Targeted Fat Reduction]

WHAT IS KYBELLA?

Kybella consists of deoxycholic acid, a naturally-occurring molecule in the body that aids in the breakdown and absorption of fat. When injected into subcutaneous fat, Kybella causes the absorption of fat cells. Kybella is FDA-approved as a treatment for moderate to severe fat below the chin but other “off-label” areas may be recommended by your provider.

HOW TO PREPARE FOR YOUR APPOINTMENT

- Please let your provider know if you:
 - Have had or have future plans for surgery on your face, neck or chin, have had medical conditions in or near the neck area, have had trouble swallowing, are pregnant or breastfeeding as these conditions might affect your recommendation for this injection.
 - If you are currently taking blood thinners, you may experience more bruising. If approved by your doctor, please stop one week in advance of procedure
 - If you are prone to bruising you may purchase [homeopathic Arnica](#) from the office or online. Arnica supplementation prior to injections can reduce the risk of developing a bruise.
- Topical numbing cream will be applied prior to treatment. In rare instances, allergic reactions may occur. Additionally, topical numbing cream can aggravate underlying skin conditions such as rosacea. Such irritations may be treated using a 1% hydrocortisone cream, like [BACD Calming Cream](#), which can be purchased in the office or online. If an allergic reaction occurs from the numbing cream, please inform our team immediately. We will treat the complication and document the reaction to avoid the use of numbing cream in the future.

WHAT TO EXPECT

The most common side effects of Kybella include: swelling, bruising, numbness, redness, and areas of hardness in the treatment area. **You will have localized swelling up to 3-4 weeks post treatment and this is the most common response to anticipate and plan for.**

HOW TO CARE FOR SKIN AFTER TREATMENT

- We recommend gently icing the treated area immediately after treatment to help reduce swelling and discomfort - we can provide additional ice packs to take home with you. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.
- Avoid strenuous exercise for 24 hours.
- You may continue to use your regular products and apply make-up immediately after Kybella injections provided you have no adverse skin reactions to the treatment or numbing cream.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.