

Kybella Follow –Up Care

- Immediately following the procedure, ice should be applied to the area & may be applied as needed to reduce swelling for the first 48 hours. You will note some redness, stinging, & burning within 15 minutes to 2 hours after treatment, and later, swelling and bruising, which peaks between 6-72 hours.
- Oral Arnica can be taken to help resolve bruising.
- You may use Tylenol for any discomfort, please avoid Ibuprofen and aspirin.
- Avoid direct sun exposure, tanning beds, sauna or heat for about two weeks after undergoing this procedure.
- Massaging the treated area for about 15 minutes per day for two weeks after treatment will aid to process the fat elimination.
- Avoid any strenuous exercise for 24 hours after injections. After 48 hours, you can resume regular physical activities as tolerated.
- **Results from treatment can often be noticed after 2nd or 3rd sessions, about 6 to 8 weeks after your last treatment depending on your metabolism and body type.** Evidence of mild skin retraction may begin to appear at 10-14 days post-injection. This improvement may be more evident in a photograph than in your own estimation. Inflammation will be present up to 4 weeks after treatment, which will limit any visible results

Please call us at 847-367-8815 with any questions or concerns.