

## **Pre & Post-Treatment Information for Kybella™**

**Kybella™** is an FDA approved injection indicated for improvement in the appearance of submental fullness associated with fat under the chin in adults.

**The results of Kybella™ are not immediate.** At your first treatment visit you will receive a series of injections in the submental area. At the time of injection and for several days to weeks following the injections you will have swelling in the submental area. Over the course of the month following your injection, Kybella will cause the fat cells to diminish in the area treated. Additional treatments may be performed at one month or later after your initial treatment. A series of treatments may be necessary to achieve optimal results. Your doctor will decide the appropriate number of treatment sessions and the amount of Kybella you will need at each session.

### **Side Effects:**

Side effects of Kybella may include: bruising, swelling, numbness, induration, local nerve injury, dysphagia (difficulty swallowing), bleeding, tenderness or discomfort, skin ulceration, and tissue necrosis or redness at the site of injection.

**Alopecia:** Kybella™ injections could cause small patches of alopecia or hair loss in the treatment area. This is especially important for men who have beards.

**Unsatisfactory results:** There is a possibility of an unsatisfactory result from injections of KYBELLA. The procedure may result in unacceptable visible deformities or asymmetry in the treatment area.

### **Pre-Instructions:**

You should not be pregnant, nursing an infant, have a history of a bleeding disorder or infection of the area to be treated. The morning of your treatment you should take ibuprofen if you are able to tolerate this medication. Also, you should tell your physician if you take any blood thinners or aspirin or have a history of any issue with lidocaine or epinephrine.

### **Post-Treatment Care Instructions:**

Ice packs may be used to the treated area during the first 12 hours – apply cold compress for 15 minutes on every hour.

Do not massage the injection site.

If you are able to tolerate ibuprofen take 200mg three times daily beginning the day of your treatment and for the following four days.

Avoid heavy exercise the day of your treatment.

Notify our office if any significant, swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling or fever occurs.

### **Alternatives:**

Not all submental fullness will respond to Kybella. Other alternative treatments are liposuction to the area, a neck lift and/or platysmoplasty procedures.

### **Follow up Agreement:**

I agree to follow up with my doctor 4-6 weeks following my treatment. I agree to inform my doctor of any problem that I am having and to allow him to see at that time. If second opinions or consults are recommended to me, I plan to follow his suggestions.