Kybella/PCDC Pre and Post Care Instructions

Pre-Treatment

- Significant swelling is expected following your treatment. Please keep this in mind, and do not plan your treatment within 2 weeks of any special events or occasions. It is the body's natural, healthy response to go through an inflammation process to remove the fat cells from the body and is a good thing!
- To minimize the risk of bleeding and bruising, please discontinue the following one week prior to your treatment if approved by your primary care physician:
    - Aspirin
    - NSAIDS (Aleve, Motrin, etc)
    - Fish oil, flax oil, or any other blood thinning supplements
- Avoid alcohol, caffeine, and niacin supplement 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
- If you develop any cold or flu like symptoms, infection, blemish, rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- We will not perform Kybella/PCDC treatments on patients with a current or past history of dysphagia (trouble swallowing), currently pregnant or breastfeeding, with presence of infection at or near the injection sites, or under the age of 18.
- We will take careful consideration in performing Kybella/PCDC treatments on patients with excessive skin laxity, prominent platysmal bands, enlarged thyroid, enlarged neck lymph nodes, pronounced submandibular glands, prior surgery or aesthetic treatment to the treatment area, presence of scar tissue in the treatment area, sunburned or irritated skin, and current use of blood thinning agents.

Post-Treatment

- Significant swelling is a NORMAL and EXPECTED response immediately following treatment. Swelling will be at its peak during the first 3 days following treatment, then will begin to slowly

taper down.
    - During the first 24 hours you may wish to ice the area. If so, do not ice for more than 10 minutes at a time, and allow a minimum of 10 minutes in between sessions. Repeat as often as needed.
- You may take acetaminophen/Tylenol for post-treatment discomfort if needed. Arnica may also be taken to help decrease bruising, swelling, and discomfort.
- Be sure to stay hydrated and drink plenty of water after your treatment.
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid steroids (prednisone), NSAIDS (Motrin, Aleve, etc), alcohol, caffeine, and niacin supplements 24-48 hours after your treatment.

Although extremely rare, please call ***AND*** text the office at 480-336-9034 immediately if you develop any of the following symptoms: asymmetric smile of facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if symptoms are not resolving after the expected time frame.

Date *

MM/DD/YYYY

Signature *