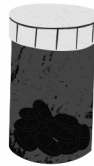


KYBELLA Post-Treatment Instructions



Apply an ice pack every 15 minutes and Arnica topically – Arnica + Bromelain tablets are both natural supplements to reduce bruising.



Take acetaminophen to reduce pain as necessary.



Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.



Do NOT have a facial, nor rub or massage the treated area for 24 hours after your treatment.



For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for 48 hours post treatment (aspirin, ibuprofen, motrin, aleve)



Sleep with 2-3 pillows to keep your head propped up for approximately 2-3 days to minimize swelling.



The first few days after your treatment the treated area will be swollen, it will take weeks before the the fat melt results with start to be noticeable. We recommend not over-evaluating results until completing your course of treatment. Swelling may last several weeks.



Do NOT lie down or do strenuous exercise for three hours after treatment. Also, avoid any exposure to a sauna, hot tub or tanning for four hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.