

# lachele

AESTHETICS & WELLNESS

## Kybella Pre Treatment Instructions

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance. You will have swelling which can sometimes be significant.
- Please arrive at the office without makeup on and a clean face and neck. Pre treatment photos will be taken.
- Avoid taking Aspirin, Ibuprofen, Motrin, Aleve (or other NSAIDS), Vitamin E and Fish Oil 7-10 days prior to treatment to help reduce the risk of bruising. Make your provider aware if you take other anticoagulants.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)

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## Kybella Post Treatment Instruction

- Immediately after your Kybella injections ice will be applied. You should continue to ice for 5-15 minutes post injection. You may ice for the remainder of the day 10 minutes per hour and days following injections if tender.
- Possible side effects include: swelling, bruising, pain, numbness, redness, and formation of small areas of firmness. These can last a few days to a few weeks. Swelling is the most common and can be the most profound.
- You may continue to ice or use oral analgesics (Tylenol/Advil) to manage any tenderness in the weeks post treatment. You may perform daily massage and/or apply heat to the area for a few minutes if not too tender.
- Call us if you experience weakness of the lips or changes in your smile or swallowing.
- Schedule your next session for 6 weeks.
- Please call us with any questions or concerns.

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