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Kybella/Belkyra Pre and Post Care

Pre-treatment instructions for Kybella/Belkyra injections

Before treatment

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the lower face, or an infection in the area.
- Inform your medical provider if you are on blood thinners, or have had procedures or surgery of your lower face or neck or allergy to lidocaine or epinephrine.
- Avoid aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications and Vitamin E, St. John's Wort, and fish oil supplements for 5 days prior to the procedure, because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment. To avoid possible discomfort, you may take 1g of acetaminophen (i.e. Tylenol) or NSAIDs (such as ibuprofen) one hour prior to your scheduled appointment.
- Plan your procedure so that you can have 4 full days before returning to work or important social engagements.
- Have Advil and an antihistamine available at home for discomfort and itching that may result from the procedure.

After treatment

- After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last less than 5 days, and for some patients may last up to 14 days. If symptoms continue beyond 10 days or if other reactions occur, please contact the office.
- You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
- Do not participate in strenuous activity for 3 days following treatment.
- Sleep with your head elevated on at least 2 and preferably 3 pillows.
- Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.
- You may apply your normal skin care regimen and sunscreen normally.
- Call the office if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.