



PARFAIRE
Medical Aesthetics

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KYBELLA - TREATMENT CARE INSTRUCTIONS

Pre-Treatment Recommendations

- Avoid Aspirin, Ibuprofen, Advil, St.John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) 5 days prior to your treatment as they may promote the risk of bruising and bleeding in the injection site.
- If you currently are taking anticoagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Inform your provider if you have a history of Thyroid Disease or goiters. You may be contraindicated for the service.
- Treatment will not be provided if you are pregnant or trying to get pregnant, breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.
- Do not use any acids (glycolic, lactic, mandelic, salicylic, etc) or retinoids on the skin for 3 weeks prior to treatment.
- Do not wax or thread treatment area for at least 3 weeks prior to treatment.

What To Expect During And Immediately After Your Treatment

- Topical numbing cream will be applied prior to maximizing your comfort during the procedure.
- You will experience a certain amount of tenderness or stinging sensation following injection as part of the natural process of Kybella reacting with targeted

fatty tissue. This can last for a couple of days to weeks. You can take Tylenol if the discomfort persists.

- Bruising at the treatment site might occur. Please hold off Aspirin, Motrin or Advil, and intense exercise prior to procedure to minimize the level of bruising.
- Temporary, moderate to severe swelling is to be expected. You can apply an ice pack to the area to help with this side effect.
- It may be normal to feel a “firmness” or “hardness” in your treated area/s for the first few days/weeks after your treatment. This is expected and temporary and will go away with time.

Post-Treatment Recommendations

- Apply cool compresses to the area/s treated as this helps reduce swelling and the potential for bruising (avoid firm pressure and direct ice/frozen packs directly on the skin).
- DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- AVOID excessive movement of the treated area/s for the first few hours and up to 2-3 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- Avoid aspirin or ibuprofen products as they may increase your potential to bruise.
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling.
- AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s. Your practitioner will discuss any other skin care product/s to avoid.

Please call our office should you have any questions or concerns regarding your Kybella treatment or aftercare at 626-844-7273 (Tue-Sat 10am-6pm), or email us anytime at reception@parfaire.com.

The entire staff at Parfaire Medical Aesthetics committed to patient education, safety and care.

