

## **KYBELLA**

### **POST PROCEDURE INSTRUCTIONS**

Post-treatment expectations, including the potential for treatment area swelling, bruising, numbness, redness, and formation of small areas of firmness.

Apply ice or cold pack to the treatment area for 5 to 15 minutes and/or oral analgesics, NSAIDs, to manage side effects as needed.

Assess smiling and swallowing to screen for MMN injury or dysphagia.

- **Do NOT shave** until any swelling has resolved, usually within the next 12-24 hours or so. If you can use an electric shaver during the following 4 days, this is best so as not to irritate the treatment area.
- **Do NOT** work out or perform heavy manual labor for 48 hours post treatment. This is to avoid sweating and the increase in heart rate that can cause your skin to become extremely flushed, due to the increase in blood supply about the area.
- **Do NOT** swim in chlorinated water or salt water for 5 days. These environments have a different pH and can irritate your newly treated skin.
- **After the initial 7-day period**, you may return to your previous skin care regimen. We recommend that you begin a regimen that fits your lifestyle and can add to the improvement and appearance of your skin.
- **Do NOT** plan any outdoor activities that may expose your skin to direct sunlight or artificial UV rays. Though we recommend that you avoid activities in direct sun always, we absolutely require your compliance for the 7 days following treatment.
- **DO NOT** wax any area treated by laser for 10 days after your treatment.
- **REMEMBER** - Avoid touching your face or other treated areas. When you need to, make sure your hands are clean so you don't contaminate your treated skin.
- **CONTACT** the office immediately for anything that does not feel normal, blister formation, fever, chills, or a "hot" feeling to certain areas of your skin 2 or 3 days AFTER your treatment

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