













Kybella Aftercare Information:

General Information

Kybella helps treat unwanted fat by breaking down the fat cells, preventing them from further fat storage and accumulation. Your body will then absorb and eliminate the separated parts of these destroyed cells over time. One sign that this process is taking place is swelling in the area of your injections, which may continue for 1-2 weeks after treatment.

To help reduce pain and bruising, we utilized ice packs and compression in-office. The following are post-treatment recommendations to improve comfort, reduce inflammation, and limit the chance of infection:

-  Always wash your hands thoroughly before touching your face.
-  Avoid hot tubs, saunas, heavy exercise, and sun/heat exposure for 3-5 days after treatment. Take this time to rest and heal instead.
-  Avoid touching, rubbing, or applying pressure on the treated area(s).
-  We will send you with ice, and leave this in place for 1 hour. Then ice the treated area(s) for the next 24 hours. Do not apply heat.
-  If pain relief is needed, take over-the-counter Tylenol as needed (instead of ibuprofen/Motrin/Advil).
-  Do not lay down flat for several hours after your treatment, and sleep on your back with your head elevated for 3-5 days after treatment, to help lessen swelling.
-  Avoid applying makeup, but if you need to apply product we recommend waiting until after the first 24hrs, and using new or well-cleaned brushes and make-up.
-  Avoid alcohol, caffeine, high salt/sugar food, spicy food, and cigarettes for at least 24-48 hours after your procedure, as these may contribute to increased swelling, bruising, and redness.
-  Stay hydrated and eat as cleanly as possible, focusing on nutrient-rich whole food.
-  Follow the skincare recommendations given to you by your provider at the end of your treatment, and wait at least 2 weeks before resuming cosmetic treatments using laser/ultrasound/peels/facials/microdermabrasion.

These recommendations should not inhibit your ability to participate in most normal day-to-day activities, but if the swelling becomes extremely uncomfortable or if you experience any other extreme symptoms (such as asymmetric smile, facial muscle weakness, skin ulceration around injection sites) we need to know right away.

(flip for contact information)

Contact information:

For questions or concerns not requiring an urgent response please email us at

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For questions or concerns requiring an urgent response please call us at

206.683.4893.

If you are experiencing a medical emergency, please call 911 promptly.