



NORTHERN VIRGINIA SURGICAL SPECIALISTS

BEFORE & AFTER INSTRUCTIONS FOR INJECTABLE FAT REDUCTION

KYBELLA (DEOXYCHOLIC ACID)

BEFORE INJECTION INSTRUCTIONS

- No Aspirin for 10 days before treatment as you may bruise excessively. It may be better to avoid Vitamin E, Ginko Biloba, Aleve, St. John's Wort, garlic, or ibuprofen (Motrin or Advil) also.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment, and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform your provider at least one week before your appointment, you can get a medication to prevent an outbreak.
- Come to your appointment with a clean face and **no makeup**.
- Expect bruising and swelling in the treatment area which may last up to one week. You may want to refrain from going to any special events during this time.

AFTER INJECTION INSTRUCTIONS

- Expect redness, swelling, bruising and tenderness, after the injection treatment. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office for advice.
- **Cold compresses** may be used after the treatment to reduce swelling, and decrease soreness. Apply for 10 to 15 minutes at a time. Do NOT apply cool packs in areas that are numb.
- You may take acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after treatment, if no complications are present, such as: open wounds, bleeding or infection.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser or a mild soap.
- Please understand that your satisfaction is the most important thing for us. Multiple treatments are necessary to obtain desired results. Follow-up visits will be the responsibility of the model to see a provider of his/her choosing. Any additional costs in the follow-up visits will be the responsibility of the model.