



SMITA R. RAMANADHAM, M.D.
PLASTIC SURGERY

Kybella Instructions

Before the procedure:

Avoid all NSAIDS (aspirin, ibuprofen, motrin, advil, aleve) for one week prior.

Avoid herbal supplement and teas for 2 weeks prior.

Start taking Zyrtec or benedryl 2 days before the procedure and on day of procedure (1 tablet daily) to help with swelling from the procedure. Avoid if you are sensitive or allergic.

30 min- One hour before procedure (can take in waiting room)

Take Ibuprofen 600mg after food. This will help with discomfort at the time of the injection.

After the procedure

Avoid exercising for the next 24 hours. Avoid makeup to the injection sites.

You will notice significant swelling for the first 24-72 hours. This area may look larger than before the injection.

Continue to take Zyrtec or benedryl daily for 3 days after the injection to help with the swelling.

Avoid ibuprofen, aleve, advil, aspirin or other NSAIDS for 3 days.

One week after the procedure, the swelling should return to your baseline. In the following weeks, you will notice a gradual improvement in swelling for 4-8 weeks at which time you should schedule your second treatment session.

Bruising is normal and will begin to fade after 3-5 days.

The sensation of liquid in the area is normal and will improve after 3-5 days.

Numbness to the area is normal and can take several days to weeks to improve.

You can apply a pressure wrap for comfort.

It is important to remember that you will not see your final result until all treatment sessions have been completed. Generally 3-5 spaced 6-8 weeks apart.

You will be seen by Dr. Ramanadham at 2 weeks following treatment.

Call Dr. Ramanadham immediately with any fevers, worsening pain, redness, drainage, odor, worsening swelling.

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