

After your KYBELLA/After your injections it is normal to have some swelling, pinpoint bleeding and bruising underneath the chin. Due to the numbing cream applied for your procedure you will still feel the number for another 1-2 hours after your procedure. Please be sure to follow our post procedure instructions in order to minimize swelling, bruising and decrease downtime.

#### *Ice, Ice, Ice*

- Use a small bag of frozen peas in a sandwich bag or crushed ice to gently ice the area. No heavy ice bags. Ice for 20 minutes on and 20 minutes off. Continue the icing for 48 hours if possible.

#### *Minimize Strenuous Exercise*

- We recommend no strenuous exercise for 48 hours in order to reduce swelling and bruising.

#### *Do not manipulate or massage or rub or poke the area.*

- Do not massage or manipulate the treated area which will be quite swollen after Kybella injections. You may shower and wash your face with a gentle cleanser. Avoid facials/chemical peels or laser treatments on the treated area for 14 days.

Concealer can be used to cover up any bruises after injections

#### *Use make-up and concealer to cover up bruises.*

- You can use makeup, moisturizers and sunscreen the next day after your injections to cover up any bruising.

#### *Take Arnica supplements*

- Arnica supplements can quickly help reduce the appearance of bruises.

#### *Sleep with head propped up on 2-3 pillows*

For the first 2-3 days sleeping with your head propped up on 2-3 pillows can help minimize swelling under the chin area. Swelling should begin to improve after about 48 hours.

Pineapples help to minimize swelling after dermal filler injections

*Eat pineapples and drink pineapple juice*

- Pineapples have natural anti-inflammatory properties to them that help to minimize swelling after injections.

*Do not evaluate the results of the treatment until weeks after swelling has gone down and fat cells have begun to melt*

- The first few days after your treatment the treated area will be swollen, it will take weeks before the fat melt results will start to be noticeable. We recommend not over-evaluating results until completing your course of treatment.

*Take Tylenol for Pain*

- It is normal to experience some pain and sensitivity in the area of the injection. Most patients find that Tylenol can help relieve this post-injection pain. Avoid NSAIDs such as Motrin and ibuprofen as these can make swelling and bruising worse.