

# lachele

AESTHETICS & WELLNESS

## **Kybella Post Treatment Instructions**

- Immediately after your Kybella injections ice will be applied. You should **continue to ice for 5-15 minutes post injection**. You may **ice for the remainder of the day 10 minutes per hour** and days following injections if tender. These may be offered by your provider.
- **Possible side effects include:** swelling, bruising, pain, numbness, redness, and the formation of small areas of
- **Swelling is the most common and can be the most profound.**
- You may continue to ice or use oral analgesics (*Tylenol/Advil*) to manage any tenderness in the weeks post treatment.
- You may perform daily massage and/or apply a warm compress to the area for a few minutes if you are not too tender.
- Call us if you experience weakness of the lips or changes in your smile or swallowing.
- Multiple sessions may be needed. Schedule your next session for 6 weeks out from your original appointment.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)