

KYBELLA® POST-CARE

- **Do NOT touch, press, rub, massage, or manipulate the treatment area.**
- Ice the treated areas in 20-minute intervals while awake for the next 24 hours. Some bruising may occur.
- You may take over-the-counter acetaminophen and/or pain reliever to decrease post-treatment discomfort.
- You may take an over-the-counter antihistamine (such as Benadryl, Zyrtec or Claritin) to help with post-treatment swelling.
- Sleep on your back with your head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid alcohol, caffeine, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- It is normal to have swelling post procedure as fat cells break down.
- Schedule your next appointment in 6-8 weeks.
- If you have any questions or concerns, please call our office for assistance, 715-847-0000

Leave us a review

We work hard to perfect the patient experience at Elevé MedSpa and would love to hear your feedback.



Elevé Plastic Surgery, MedSpa, Vitality

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