

Kybella Aftercare Instructions

Thank you for choosing us for your Kybella treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Significant swelling, redness, and firmness in the treated area (common and expected)
- Mild tenderness, bruising, or numbness under the chin
- Swelling may peak around Day 2–3 and gradually resolve over 2–4 weeks
- Numbness can persist for several weeks as the area heals
- Visible improvement typically develops after 4–6 weeks post-treatment

Immediately After Treatment:

- Apply a cold compress (gently, 10–15 minutes at a time) to minimize swelling and discomfort
- Keep your head elevated, even while sleeping, to help reduce swelling
- Avoid touching, pressing, or massaging the treated area
- Rest and minimize strenuous activities for the remainder of the day

First 24 Hours:

- Continue using cold compresses as needed for comfort
- Avoid vigorous exercise, saunas, or hot showers that could worsen swelling
- Sleep with extra pillows to keep the head elevated
- Stick to soft foods if jaw movement feels uncomfortable

Ongoing Care (Days 2-14):

- Swelling, tenderness, and numbness will gradually improve
- Gentle skincare around the treated area is okay — avoid harsh scrubbing
- Avoid laser treatments, microneedling, or facials near the treated area until fully healed
- Maintain hydration and a healthy diet to support recovery
- Additional treatments are typically spaced 4–6 weeks apart if needed

When to Contact Us:

ShimChing MD

Asia Pacific Plastic Surgery Inc.

Please reach out immediately if you experience:

- Excessive or worsening pain, swelling, or redness beyond what was discussed
- Difficulty swallowing, speaking, or breathing (rare but serious)
- Asymmetrical swelling or signs of infection (warmth, pus, fever)

Additional Tips:

- Be patient — swelling is normal and expected and indicates the treatment is working
- Plan social events or photos around the swelling phase (usually peaks Days 2–5)
- Arnica gel or oral arnica supplements may help reduce bruising

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!