Kybella (Deoxycholic acid)® Pre and Post Care

Kybella® is a prescription cytolytic medication used in adults to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called “double chin.” It is not known if Kybella is safe and effective in children less than 18 years of age. It is not known if Kybella is safe and effective for use outside of the submental area. You should not receive Kybella if you have infection in the treatment area.

PRE-TREATMENT INSTRUCTIONS
1. Before receiving Kybella, tell your healthcare provider about all of your medical conditions, including if you:
   a. Have had or plan to have surgery on your face, neck, or chin.
   b. Have had cosmetic treatments on your face neck, or chin.
   c. Have had or have medical conditions in or near the neck area.
   d. Have had or have trouble swallowing.
   e. Have bleeding problems.
2. You may not be pregnant or nursing.
3. For optimal results and to decrease the chance of bruising at the injection site, please avoid all blood thinning medications and supplements for 1 week prior to your Kybella® appointment. Avoid taking Aspirin. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. For comfort, you may take Ibuprofen 30 mins prior to your appointment time. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
4. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT INSTRUCTIONS
1. During the course of your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Our staff is always available to respond to any questions, concerns, or comments you may have.
2. Honolulu MedSpa takes every possible precaution to ensure your comfort while undergoing treatments.

POST-TREATMENT INSTRUCTIONS
1. **Important Safety Information:** Kybella can cause serious side effects, including but not limited to nerve injury in the jaw than can cause an uneven smile or facial muscle weakness, and trouble swallowing. The most common anticipated reactions can include swelling, bruising, pain, numbness, redness, and areas of hardness, in the treatment area. Additional side effects may include infection at injection site, and ulceration and or scarring to the injection site. Alopeicia (hair loss treated area) have been reported as well.
2. **To avoid severe bruising:** Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin for several days. Over the counter oral pain medication or anti-inflammatory can be taken, and applying ice to the treatment area, to manage discomfort.
3. **To maximize your results and prevent adverse effects:**
   a. Avoid exercise for at least 24 hours.
   b. Avoid rubbing, massaging, or scrubbing injection sites for 24 hours after treatment.
4. **No facials, chemical peels, or laser treatments for 14 days after the Kybella® treatment.** Facials, chemical peels, laser, and light treatments may be done immediately prior to Kybella® treatment. HA fillers such as JUVÉDERM® XC and / or Botox may be injected before Kybella®; if you have any questions regarding this, please ask your provider.
5. **Follow up Appointment:** A minimum of 2 treatments, however up to 5 treatments may be required for optimal results. The second treatment and future subsequent treatments are recommended to be done every 2 months. If the desired level of correction has not occurred after the second treatment, additional Kybella® treatments may be needed. If you have any questions, prospective adverse reactions, or concerns regarding your Kybella® treatment, you must contact Honolulu MedSpa.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.