



# Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

## **KYBELLA® POST-TREATMENT INSTRUCTIONS**

### **WHAT TO EXPECT**

KYBELLA® works by permanently destroying fat cells beneath the chin. Because the treatment creates an inflammatory response, swelling is expected and is actually a sign that the medication is working.

Common side effects include:

- Swelling
- Redness
- Tenderness
- Firmness or hardness under the skin
  - Bruising
  - Itching
- Temporary numbness or decreased sensation

Swelling is typically most noticeable during the first 2-5 days and may persist for 1-2 weeks. Some patients experience mild swelling for several weeks.

### **AFTER YOUR TREATMENT**

#### **For the First 24 Hours:**

- Apply ice packs for 10-15 minutes at a time throughout the day.
  - Keep your head elevated, especially while sleeping.
    - Avoid strenuous exercise.
    - Avoid excessive alcohol consumption.
- Avoid excessive touching or massaging of the treatment area.

#### **For the First 48 Hours:**

- Continue sleeping with your head elevated.
- Avoid saunas, steam rooms, hot tubs, and excessive heat exposure.
  - Stay well hydrated.

### **SWELLING AND TENDERNESS**

The treatment area may feel:

- Firm or "rubbery"
- Full or heavy beneath the chin
  - Tender to touch
  - Slightly numb

These findings are normal and may persist for several weeks as your body clears the treated fat cells.

### **ACTIVITY**

- Light activities may be resumed immediately.
- Most patients return to work the same day or the following day.
- Social downtime varies depending on the amount of swelling experienced.

### **WHEN TO CALL THE OFFICE**

Please contact our office immediately if you experience:

- Difficulty swallowing
- Difficulty breathing
- Severe or worsening pain
- Signs of infection, including increasing redness, warmth, or drainage
  - Significant asymmetry of your smile
    - Facial muscle weakness
- Any symptoms that concern you

### **FOLLOW-UP**

Your follow-up appointment will be scheduled by our office. Additional treatment sessions may be recommended based on your goals and response to treatment.

*Questions? Contact our office through Klara or call us directly.*

**PLEASE NOTE: Swelling after KYBELLA® can be significant and is an expected part of the treatment process. Patients should avoid scheduling treatment immediately before vacations, weddings, professional photography sessions, or other important social events. Most patients should allow at least 2 weeks of social downtime.**

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