

Post Procedure Instructions

For Kybella

- Swelling is expected after Kybella treatment. Swelling is worst the morning after treatment and improves over the following 7-14 days.
- Apply an icepack to the treatment area for 10 minutes out of every hour for the first 24 hours after treatment. Also, keep your head elevated during the day and prop your head up on several pillows at night. This will help minimize swelling.
- Do not exercise for the first 24 hours after treatment.
- Hardness and nodularity in the treatment area is common and is a part of the treatment process. It will resolve on its own over 4-6 weeks.
- It takes time for Kybella to work. Do not judge your results for 8-12 weeks after the last treatment session.
- Most patients require multiple treatment sessions for optimal results. Dr. Patel likes to space these treatments apart at 8-week intervals.
- If you have questions or concerns after the procedure, text us at **(786) 460-3496** or call our office.