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KYBELLA PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Take Ibuprofen (Motrin or Advil) about **1 hour** before your appointment. The ideal time to schedule this procedure is **at least 2 weeks** before a big event.

Inform your BeautyFix provider if you have a history of difficulty swallowing, medication allergies, history of anaphylaxis, or any other medical problems.

Come to your appointment with a clean face/skin.

Remove all makeup on the area being treated.

POST-TREATMENT INSTRUCTIONS

After treatment, hold ice packs on the areas that are treated with Kybella gently **throughout the day.**

Treated areas may be red, inflamed, swollen, and bruised for the first **2-7 days.** You can resume all normal activities including exercise as long as it is comfortable.

Take ibuprofen (Motrin or Advil) if needed for discomfort after the treatment.

If bruising occurs take Arnica and/or Bromelain supplements, which are available for sale at all BeautyFix clinics. If bruising is a major concern, it can be concealed with makeup.

NEXT STEPS

Schedule your next appointment in 6-8 weeks. Kybella requires 2 to 6 sessions for optimal results.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.