



2402 W Pierce St #6g, Carlsbad, NM 88220  
beautifullymadenm@gmail.com  
www.beautifullymadenm.com  
575.706.5887

## **Kybella Post-Treatment Instructions**

- After the treatment, DO hold ice packs on the areas that are treated with Kybella gently for a few times that day.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- DO resume all normal activities include exercise as long as it is comfortable for you.
- DO take ibuprofen, motrin, or advil if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. Examples: Dermablend (available at CVS or Macy's) or Colorescience Corrector Palette.
- Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2-6 sessions for optimal treatment.
- We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.