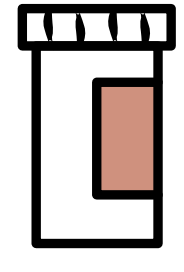


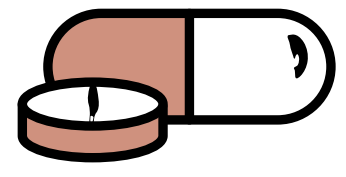
INJECTABLES

KYBELLA POST-CARE POLICIES



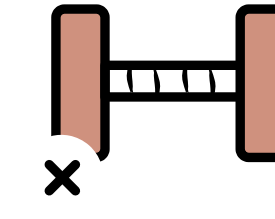
Medications

Avoid all medications/supplements/foods/alcohol (unless medically necessary) that were listed in the [Pre-Care Policies](#) until swelling and bruising has healed.



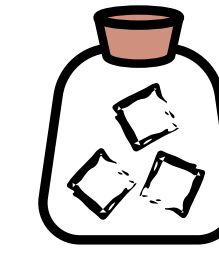
Pain Relief

If you experience a need for pain relief, please use Tylenol (unless it is contraindicated to a condition you have or medication you are taking).



Exercise

Avoid exercise until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.



Bruising/Swelling

If you experience bruising/swelling, take Arnica until it subsides. Always follow the instructions on the label and do not take it if it is contraindicated with any of your medications/medical conditions (such as high blood pressure).



Expect moderate swelling to last for up to 3 weeks. Full results are not seen until 12 weeks post-procedure, and most clients require multiple treatments for desired results. If, after 12 weeks there are any questions or concerns about results, please call us at (610) 393-1253 or text us at (484) 705-2312.



**First 24 hours
after treatment**

- Ice the area(s) in 10-minute intervals as much as possible (10 minutes on, 10 minutes off).
- Do not apply ice packs directly on the skin.
- Avoid makeup (Oxygenetix is the only make-up that is safe to use post-procedure and is sold in our office).



**For two weeks
after treatment**

- Avoid facials, massages, exfoliating, and Clarisonic Devices.



**Until bruising
has healed**

- Avoid exercising until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.
 - Avoid tanning or prolonged exposure to sunlight as this can cause hyperpigmentation.
-

Please read these instructions in full to ensure you are not missing important information. Following post-care will not only reduce the chances of complications and speed healing time, but will also produce better results.