



Pre and Post Treatment Instructions

Kybella

For your safety and in order to obtain optimum results, the instructions below should be followed

Kybella (Deoxycholic acid)® is a prescription medication used in adults to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called "double chin."

- How to Prepare for your Kybella Treatment:

- o Before receiving Kybella, tell your healthcare provider about all of your medical conditions, including if you:
 - ◆ Have had or plan to have surgery on your face, neck, or chin.
 - ◆ Have had cosmetic treatments on your face neck, or chin.
 - ◆ Have had or have medical conditions in or near the neck area.
 - ◆ Have had or have trouble swallowing.
 - ◆ Have bleeding problems.
 - ◆ Are pregnant or nursing.
- o For optimal results and to decrease the chance of bruising at the injection site, please avoid all blood thinning medications (if approved by your primary care provider) for 1 week prior to your Kybella® appointment.
- o Avoid taking Aspirin. In addition, very high doses of some vitamins and supplements can thin your blood and increase the chance of bruising.
- o Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
- o For comfort, you may take Ibuprofen 30 mins prior to your appointment time.
- o During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

- After your Kybella Treatment:

- o Important Safety Information: Kybella can cause serious side effects, including but not limited to nerve injury in the jaw that can cause an uneven smile or facial muscle weakness, and trouble swallowing. The most common anticipated reactions can include swelling, bruising, pain, numbness, redness, and areas of hardness, in the treatment area.
- o Additional side effects may include infection at injection site, ulceration and/or scarring to the injection site. Alopecia (hair loss in the treated area) has been reported as well.
- o Ice packs should be used to the treated area for 24-48 hours. Apply ice packs 15 minutes on, 15 minutes off while awake to minimize the anticipated swelling.
- o To maximize your results and prevent adverse effects:
 - ◆ Avoid exercise for at least 24 hours.
 - ◆ Avoid rubbing, massaging, or scrubbing injection sites for 24 hours after treatment.
- o Follow up appointment: A minimum of 2 treatments (possibly up to 5 treatments) may be required for optimal results. The second treatment and future subsequent treatments are recommended to be done every 8 weeks. If the desired level of correction has not occurred after the second treatment, additional Kybella® treatments may be needed.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date