



BEAUTOX BAR

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KYBELLA® PRE- AND POST-TREATMENT INSTRUCTIONS

Kybella® (deoxycholic acid) is an injectable treatment used to improve the appearance of moderate to severe fat below the chin (submental fullness). These tips help you prepare and recover comfortably.

Pre-Treatment Instructions

- You should not be pregnant or nursing an infant.
- You should not have a bleeding disorder or an active infection in the area to be treated.
- The morning of your treatment, take ibuprofen if you are able to tolerate it.
- Tell your nurse if you take blood thinners or aspirin, or if you have a history of issues with lidocaine or epinephrine.
- Questions before your visit? Call us at 763-205-6952.

Post-Treatment Instructions

- Ice the treated area during the first 12 hours — about 15 minutes on every hour.
- Do not massage the injection site.
- If you tolerate ibuprofen: take 200 mg three times daily beginning the day of treatment and for the following four days.
- Avoid heavy exercise the day of your treatment.
- Notify Beautox Bar if you have significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever.

A Brief Note on Alternatives

Not all submental fullness responds to Kybella®. Other options can include liposuction to the area, a neck lift, and/or platysmaplasty. Your provider can help you decide what fits your goals.

Your follow-up appointment is scheduled for _____.

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