



Innovators in Beauty

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What is Kybella?

Kybella is a deoxycholic acid-based compound. Deoxycholic acid is a naturally-occurring molecule that aids in the breakdown and absorption of dietary fat. When injected into the fat beneath your skin, Kybella causes the destruction of fat cells. This is a permanent treatment because once destroyed, those cells cannot store or accumulate fat. Many patients experience visible results in two treatments of 2 vials each, but up to four treatments may be needed depending on the area treated. Each treatment session may require up to 5 vials, depending on the area or how many areas are being treated. Treatment sessions should be spaced approximately 6 weeks apart.

Before Your Evolve Med Spa Kybella Treatment

- Please plan your treatment to allow for several days of potential swelling and bruising. Swelling may last up to 4 weeks. Consider a mask/ neck gaiter, scarf or turtleneck to camouflage when treating the chin, jawline, or cheeks.
- You may not be treated if you have a history of difficulty swallowing, nerve injury, or weakness in the lower face. Please reschedule your treatment if you are pregnant or breastfeeding; have an active cold sore/fever blister or shingles; actively undergoing chemotherapy or radiation or within the last 12 months.
- Inform your Provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, if you are on blood thinners, or have had procedures or surgery of your lower face or neck.
- Avoiding Advil, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment to decrease your risk of bruising. Do not stop taking any medications that have been prescribed to you without first discussing with your prescribing medical provider.
- Avoid drinking alcoholic beverages 48 hours before treatment to reduce risk of bruising.
- To further help reduce the chance of bruising; start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- Tylenol will not increase the chance of bruising and is preferred for the week prior to treatment. To help with possible discomfort, you may take acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment. Do not take more than 3000mg of acetaminophen/Tylenol in a 24-hour period.

After Your Evolve Med Spa Kybella Treatment

- You should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last around 7 days, and for some clients it may last up to 4 weeks. Some clients will experience numbness for longer than 4 weeks.
- You may elect to ice the area post treatment, but must do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 30 seconds on, and 30 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
- Do not participate in strenuous activity for 3 days following treatment.
- Sleeping with your head elevated may help avoid increased swelling.
- Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection sites.
- You may apply your normal skin care regimen and sunscreen.
- Kybella treatments are done in a series, for best results we recommend a series of 2-4 treatments spaced about 6-12 weeks apart.
- Call the office if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.