



Kybella Pre-treatment Instructions

1. If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
2. It is recommended to discontinue the use of Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
3. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (All of these factors may increase risk of bruising and swelling).
4. If you develop a cold / flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
5. It is recommended to discontinue Retin-A two (2-3) days before treatment to avoid any increased redness and irritation.
6. It is recommended that you wait at least 2 weeks to have botulinum toxin treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

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