



KYBELLA TREATMENT

WHAT TO EXPECT

(Pre-/Post-Treatment Care & Client Information Sheet)

KYBELLA Overview

KYBELLA is an FDA-approved injectable treatment designed to reduce moderate to severe submental fat (double chin) by destroying fat cells. Results develop gradually, and most clients require more than one session.

- **Typical Treatment Plan:** 2–4 sessions spaced 4–6 weeks apart
- **Visible Results:** 6–12 weeks after the final treatment
- **Recovery Time:** Moderate swelling, tenderness, and bruising (3-5 days) — especially after the first treatment

PRE-TREATMENT GUIDELINES

1 Week Before Treatment

- Avoid blood-thinning medications and supplements (e.g., aspirin, ibuprofen, fish oil, vitamin E, St. John's Wort), unless medically required.
- Avoid alcohol for at least 48 hours pre-treatment.
- Discontinue retinoids, exfoliants, and harsh skincare on the treatment area.
- If male, shave the treatment area the night before.

Do NOT Proceed with Treatment If You Have:

- Active cold sores, skin infections, or open lesions in the treatment area
- Recent illness, fever, or flu-like symptoms
- A history of swallowing difficulties (dysphagia), unless cleared by your provider

On the Day of Treatment

- Eat a light meal beforehand

- Come with a clean face — no makeup, moisturizer, or sunscreen
- Wear comfortable clothing, preferably with a loose neckline

POST-TREATMENT CARE & RECOVERY

Normal Reactions

You may experience swelling, numbness, firmness, bruising, or mild discomfort. Swelling usually peaks within 24–48 hours and gradually subsides over 1–4 weeks. Some firmness or unevenness while healing is common.

Recommended Aftercare

- Apply cold compresses (wrapped in a soft cloth) for 10–15 minutes at a time during the first 24–48 hours.
- Sleep with your head elevated (2–3 pillows) for the first 2–3 nights.
- Avoid strenuous exercise, heavy lifting, hot tubs, saunas, and alcohol for at least 48–72 hours.
- Stay well hydrated; limit excessive salt intake.
- Do not massage, press, or apply undue pressure to the treatment area unless instructed.
- Use gentle skincare on the area; avoid retinoids, chemical exfoliants, aggressive exfoliation, or laser/heat treatments for at least 1–2 weeks

REALISTIC EXPECTATIONS

- Final results become evident **6–12 weeks after the last session**.
- Most patients require **2–4 treatment sessions** for satisfactory outcome.
- KYBELLA targets fat — **it does not tighten loose skin**. If skin laxity is present, additional skin-tightening treatments may be recommended.
- Results vary by individual based on factors like metabolism, lifestyle, and genetics.

A follow-up appointment will be scheduled 4–6 weeks after each treatment to monitor progress and plan subsequent sessions if needed

Call or text me at 347-988-8542 if you notice:

- Excessive or painful swelling lasting more than 7 days
- Signs of infection (redness, warmth, pus, fever)
- Difficulty swallowing or speaking

Any unexpected asymmetry or weakness in facial expressions Failure to follow instructions may increase the risk of complications.

Consent and Acknowledgment

I certify that I have read and understand the information above. All of my questions have been answered to my satisfaction. I voluntarily consent to the Aura365™ Chemical Peel and understand the risks, benefits, and alternatives.

Patient Signature: _____ Date: _____