ELARIS
MED SPA | WELLNESS | CLINIC

# KYBELLA
# PRE PROCEDURE INSTRUCTIONS & AT HOME PREPARATION

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury, weakness in the lower face, or an infection in the area.
- Inform your medical provider if you are on blood thinners or have had procedures or surgery on your lower face or neck.
- Avoid aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, and fish oil supplements for 5 days before the procedure because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it.
    - Tylenol will not cause bruising and is preferred for the week before treatment. To avoid possible discomfort, you may take 1g of acetaminophen (i.e. Tylenol) or NSAIDs (such as ibuprofen) one hour before your scheduled appointment.
- Discontinue use of Tretinoin-type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2 or 3 days before treatment.
- Plan your procedure so you can have 2 weeks before any important social engagements to heal
- Have ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.