



## **PRE AND POST CARE INSTRUCTIONS KYBELLA**

### **Pre Treatment**

- Avoid Retin-a for 2 days prior to treatment
- Avoid Aspirin, Motrin or fatty acids for 1 week prior to treatment.

### **Post Treatment**

- Ice for 24 hours, 20 minutes on, 20 minutes off, Tylenol for pain after treatment.
- Sleep on your back and elevated on two pillows if possible (to reduce swelling), drink plenty of water and avoid vigorous exercise, sun and heat for 1 week after treatment.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 661.209.2754.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**