



## **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 253.466.5011.  
If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**