



Post Care Instructions

- After your Kybella injections, it is normal to have some swelling, pinpoint bleeding, and bruising underneath the chin.
- Use a small bag of frozen peas in a sandwich bag or crushed ice to gently ice the area for 15 minutes every hour if possible.
- No strenuous exercise for 48 hours in order to reduce swelling and bruising.
- Do not massage the treated area, which will be quite swollen after Kybella injections.
- You may shower and wash your face with gentle cleanser.
- You can use makeup, moisturizers and SPF the next day after your injections to cover up any bruising.
- Arnica supplements can quickly help reduce appearance of bruises.
- Sleep with head propped up on 2-3 pillows.
- For the first 2-3 days sleeping with your head propped up can help minimize swelling under the chin area. Swelling should begin to improve after 48 hours.
- Pineapples have natural anti-inflammatory properties to them that help to minimize swelling.
- It is normal to experience some pain and sensitivity in the area of the injection. Most patients find that Tylenol can help relieve this post injection pain. Avoid NSAIDS such as Motrin and Ibuprofen as these can make swelling and bruising worse.

For any additional post care questions, please call us at 540-323-7254 and visit us at blossomaesthetic.com



BLOSSOM
MEDICAL