

Avalon Laser

KYBELLA PREPARATION AND AFTERCARE FORM

Kybella is an excellent way to treat and reduce mild to moderate fat under the chin ie. “double-chin” and improve your neck contour. Our goal is to provide you with the very best results. With proper pre- and post-care, you can help maximize your benefit and healing.

Before your treatment:

- Please avoid any medications that can increase the risk of bruising, including aspirin, ibuprofen, naproxen, etc. It may also be helpful to avoid fish oil supplements and herbal remedies that may have the same effect. Please also avoid any peels, topical remedies, etc. that will affect the area before your treatment.
- Please advise the staff if you may be pregnant or trying to become pregnant.
- For men: please shave the area the day of your treatment.

During your treatment:

- You may feel a slight stinging or burning sensation. This is temporary. A topical numbing agent and ice will be applied to maximize your comfort. Some fullness or numbness in the area immediately post-treatment is normal and the skin may look red, similar to a mild sunburn.
- Some temporary burning, numbness, redness, warmth, itching, hardness or a combination of the above is also normal. These symptoms can last from a few days even up to 4 weeks after the injection. Some “fullness” in the treated area is typical, while the fat is being dissolved and removed by the body. It is also very common to experience numbness in the area for a few weeks.
- Allergic reactions are very rare. However, please report if you feel any symptoms of an allergic reaction, ie. generalized itching over the body, shortness of breath, noticeable swelling of the face, lips, or throat, etc.
- Once healed (typically **after 1-2 months**), the treated area should appear tighter, fresher and more even toned. It may require at least 2 – 4 treatments to achieve optimum results. We will schedule a one-month follow up appointment to assess your progress. Most clients will require at least 2 treatments about 4 – 6 weeks apart.

At Home:

- Keep the area clean with soap and water. **Avoid heat, exercise and rubbing/scratching of the area for at least 3 days**. Your skin may be very sensitive. Also avoid washing with very hot water and the use of saunas, steam rooms, jacuzzis, or any facials, etc. Occasionally clients report a mild headache, which usually responds to Tylenol.
- Some bruising may occur in the area. You may also experience burning and/or itching for a few days. Please apply ice to the area to help alleviate this. If symptoms worsen, please contact us immediately.
- It is common to feel numbness and fullness in the area for at least 2-4 weeks after treatment. For men: please take care during shaving to avoid cutting the treated area.
- Contact us immediately if you experience any of the following: difficulty swallowing, chewing or any unevenness to your face or when you smile or talk, skin rash, discoloration, or weakness in the face, neck or throat.

We ask clients that they provide at least a 24 hour notice before any changes or cancellations to scheduled appointments in order to avoid incurring a cancellation fee or forfeiture of service.