



DR MONICA SCHEEL
DERMATOLOGY
Expert and Personalized Skin Care



Expert and Personalized Skin Care

Kailua Kona: (808) 329-1146

Waimea: (808) 885-3376

DrMonicaScheel.com

PRE-KYBELLA Checklist:

1. You are NOT a candidate for this treatment if you are Pregnant, Nursing, or have a current rash or infection at the treatment site.
2. If you have a special event or vacation coming up, we recommend you consider this treatment 4-6 weeks before the event.

IMPORTANT INSTRUCTIONS:

1. Avoid using aspirin, non-steroidal anti-inflammatory medications (e.g., Ibuprofen, Motrin, Aleve), St. John's Wort, Ginkgo Biloba, Vitamin E, or Fish Oil (Omega 3's) supplements for one week before treatment. These may increase the risk of bruising or bleeding at the injection site. Tylenol is okay to use if it is effective and tolerated.
2. Avoid Alcohol 24 hours before the appointment and 24 hours after treatment.
3. Avoid extreme temperatures of heat or ocean for 24 hours post-treatment (i.e., Jacuzzi, hot showers, etc.).
4. Avoid strenuous exercise for 72 hours post-treatment.
5. Eat a small meal before your appointment; this helps tolerate treatment.
6. Please Arrive at your appointment with a clean face - No makeup is preferred
7. Arnica pellets (available at our office) to help reduce bruising and swelling. The best way to begin Arnica is two days before your procedure. We recommend three (3) pellets under the tongue every 8 hours. Avoid eating or drinking 15 minutes before and after taking pellets for best absorption. We offer Arnica in the office before your treatment and recommend you continue for two days after treatment.
8. Eat pineapple daily or take a bromelain supplement (available in the vitamin section at the health food store) starting one week before and continuing until your treatment is complete.
9. Sleep on your back with your head elevated to decrease swelling

WHAT TO EXPECT:

1. You may experience swelling and bruising for 3-5 days post-treatment, which will begin decreasing over a few weeks and can last 4-6 weeks.

2. Many patients need 2-3 treatments for the desired results. Please schedule a follow-up appointment 4-6 weeks after your first treatment.
3. Ice packs may be used on the treated area during the first 12 hours and iced for 15 minutes every hour. However, icing can be discontinued if uncomfortable.
4. Do NOT massage the injection site. Swelling, tenderness, bruising, numbness, and areas of firm nodules may occur and will resolve over time without intervention. Results take time. Results may be seen as early as 4-6 weeks post-treatment, but full results will be noticed at 12 weeks post-treatment. Numbness can last up to 12 weeks.