

Kybella® Treatment Guide: Slimming Your Chin Profile

Kybella® is a specialized injectable that permanently dissolves fat cells under the chin. Because this treatment works by causing a controlled "breakdown" of fat, your body will have a very visible inflammatory response.

Think of the swelling as a sign that the treatment is working!

1. Before Your Appointment

- **The "Social Window":** Schedule your treatment at least **3 weeks** before any big events (weddings, vacations, or photos).
- **Avoid Blood Thinners:** For 7 days before, avoid Aspirin, Advil, Fish Oil, and Vitamin E to prevent bruising.
- **Alcohol:** Avoid alcohol for 48 hours before your visit.

2. The Recovery Timeline (What to Expect)

Days 1–4	"The Bullfrog Phase"	Significant swelling is normal. The area will feel tight, warm, and heavy.
Days 5–14	The Softening	Swelling starts to go down. The area may feel tender or slightly "jelly-like."
Weeks 3–6	The Healing	Numbness is common and normal. You'll start to see the first signs of your new contour.

3. At-Home Comfort Tips

- **For Pain:** Use **Tylenol** (Acetaminophen). Avoid Advil or Motrin for the first 48 hours.
 - **For Swelling:** You may take an over-the-counter antihistamine like **Zyrtec or Claritin** once a day for the first 3 days to help with the "fullness."
 - **Ice is Your Friend:** Use a cool compress for 10–15 minutes every hour on the first day.
 - **Sleep Upright:** Sleep with your head elevated on 2–3 pillows for the first 3 nights to help fluid drain.
 - **No Makeup:** Keep the area clean and free of makeup or heavy creams for **48 hours**.
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4. General Recommendations

- **It's a Series:** Most patients need **2 to 4 sessions** to see their best results. One treatment is rarely enough to reach your goal.
 - **Timing:** We space treatments **6 to 8 weeks apart**. Your body needs this time to clear out the dissolved fat cells.
 - **Permanent Results:** Once those fat cells are gone, they are gone for good! However, maintaining a stable weight is key to keeping your results crisp.
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When to Call Us

It is normal to feel numb or have some bruising. However, please call the clinic immediately if you notice:

1. An uneven smile or facial muscle weakness.
 2. Difficulty swallowing.
 3. Open sores or "crusting" at the injection sites.
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Next Steps

Your body will be busy processing this treatment for the next few weeks. We will see you back in about 6 weeks for a progress check and your next session!