



915 SE Ocean Blvd, Ste 5
Stuart, FL 34994
772-219-4552

KYBELLA PRE & POST INSTRUCTIONS

Pre-Instructions: You should not be pregnant, nursing an infant, have a history of a bleeding disorder or infection of the area to be treated. Also, you should let Ocean Med Spa know if you take any blood thinners or aspirin or have a history of any issue with lidocaine or epinephrine.

Post Care Instructions: Ice packs may be used to the treated area during the first 12 hours-ice for 15 minutes on every hour.

- Do not massage the injection site
- If you are able to tolerate ibuprofen take 200mg three times daily beginning the day of your treatment and for the following four days.
- Avoid heavy exercise the day of your treatment.