

J. Jason Wendel, M.D.

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Recovery Instructions

KYBELLA® INJECTIONS**Treated Area Care**

- Avoid prolonged exposure to the sun.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Check daily for signs of infection.
- You may wear makeup, foundation or concealer with sunblock protection.
- Stay out of the sun until redness and bruising subsides (usually 48-72 hours).
- Patients may take Ibuprofen, Aleve or Tylenol prior to injections if you so choose, as well as post procedure.

What to Expect

- Temporary swelling and numbness; possible bruising, pain, redness and areas of hardness around the treatment area.
- Redness and bruising usually lasts about 48 hours.
- Patients notice a clinical effect between 3-10 days following the injection.
- KYBELLA® can cause serious side effects, including trouble swallowing and temporary nerve injury in the jaw that can cause an uneven smile or facial muscle weakness.
- The risk of any side effect depends on the muscles injected, however Kybella is to be injected into the submental fat (fat under the chin).
- The effects of KYBELLA® are completely reversible; any side effects are temporary, limited to a number of weeks.

Length of Benefits

When injected into the fat under your chin, KYBELLA® causes the destruction of fat cells. Once destroyed, those cells cannot store or accumulate fat. After the aesthetic response is achieved, retreatment with KYBELLA® is not expected.

Follow-Up Care

- Follow-up appointment 1 month after treatment.
- No strenuous exercise the first 3 days (it will increase swelling), otherwise no activity restrictions.
- No special treatment site care, but you may ice the area for comfort.
- Return visit every 6-8 weeks for up to 6 months or treatments to achieve desired results.

When to Call

- If you have increased bruising (you will see maximum swelling in 12-24 hours).
- If redness persists after a few days.
- If you have increasing redness in the treated area.
- If you have an oral temperature over 100.4 degrees.
- If you have any sign of infection, open sores, skin peeling or lumpiness.

For Medical Questions, Please Call (615) 921-2100

Our office is open Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM-12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.