

# LUXURGERY

*The confluence of luxury and aesthetic surgery*

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## Pre-Kybella Patient Instructions

Congratulations! You are planning on undergoing Kybella with Dr. Shridharani at LUXURGERY. This procedure is one of the highest patient satisfaction procedures we perform. Patients find that they see tremendous PERMANENT improvement in decreased fat as well as skin tightening to the treated areas. There are a few important things to be mindful of prior to having Kybella. Please carefully read below:

### **BEFORE Procedure:**

- Shave the treated area 48 hours before your procedure.
- Have available extra strength Tylenol at home.
- If possible, avoid alcohol and OTC blood thinning products (advil/ibuprofen) 24-48 hours before injections to decrease your risk of bruising.
- Check your calendar:
  - Please do not make appointment for injections two weeks before a photo shoot or a very important event.
  - Kybella takes at least 6 weeks to see full results; Schedule your appointment several weeks in advance of an important event.
  - Expect swelling afterward! A significant amount of swelling resides in the first 48 hours, but please allow for a week for the swelling to resolve.
- There is always a risk of bruising from any injections. If you would like, you can bring cover-up makeup to your appointment.
- Make sure you have ice or ice packs at home for after your injections.

### **What to wear the DAY of the procedure:**

- Loose clothing to cover the treated area. I.e. a turtleneck or scarf for submental/chin Kybella, zip up jacket for front bra roll Kybella, and sweat pants to thigh Kybella.

### **What to Expect:**

- Your procedure will last 15-20 minutes, but your time at the office will likely be an hour.
- After the procedure, you will have swelling and/or bruising of the treated area for a few days to a few weeks. Please do not schedule your procedure the day of or before a very important event. Typically, most of the swelling/bruising will resolve in the first week.
- Typically, patients expect very minimal downtime and are able to return the work the following day. We recommend going home after the procedure so you can ice the treated area and be less swollen the following day.

- We recommend taking Extra strength Tylenol for any discomfort. Take as prescribed.
- Repeat on-and-off icing for 48 hours to minimize the swelling.
- Avoid rigorous exercise for 48 hours after your treatment.
- Avoid Clarisonic type device or a facial for 2 days.
- If you find that you are an easy bruiser and/or can take longer to heal; Arnica pills or gel/cream (available OTC) can be used before and after your treatment.
- You may begin to see some effect as early as 14-21 days. Please allow 6 or more weeks for final results. These results are permanent provided you maintain a healthy diet and exercise regimen.