

TURNER DERMATOLOGY

59 EAST 54TH STREET, SUITE 71 NEW YORK, NY 10022

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Kybella - Consider Timeline: Schedule your Kybella® appointment at least 3-4 weeks before any special event to allow for bruising and swelling to subside.

KYBELLA® is an injectable treatment that improves the appearance of moderate to severe fat below the chin, also known as submental fat or double chin. It contains deoxycholic acid, a naturally occurring substance that dissolves dietary fat. By targeting and dissolving excess fat, KYBELLA® helps create a more contoured jawline, eliminating the double chin for a sculpted facial profile.

Pre-Treatment Instructions for Kybella:

- **Cold Sores History:** Inform the doctor if you have a history of cold sores to receive advice on antiviral therapy prior to treatment. If you have a history of cold sores, you should take a prophylactic tablet once a day for 7 days, starting the day BEFORE the procedure.
- **Skin Condition:** Ensure the treatment area is free of cold sores, inflammatory acne and eczema.
- **Medications to Avoid:** Avoid anti-inflammatory and blood-thinning medications for at least one week before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS can increase the risk of bruising and swelling after injections.
- **Alcoholic Beverages:** Avoid alcoholic beverages 24 hours before and after your treatment to help prevent swelling and bruising and to improve the overall healing process.
- **Eat Before Treatment:** Have a good meal, including food and drink, before your procedure to decrease the chances of lightheadedness.
- **Facial Hair:** If you have facial hair, please shave the treatment area one day before your scheduled treatment.

Day of Treatment:

- **Topical Anesthetic:** Anesthetic is not required or recommended for this treatment.
- **Arrive with a Clean Face:** Makeup and impurities can interfere with the treatment and increase the risk of irritation.
- **Immediate Post-Injection:** Tenderness, redness and a heavy feeling in the treatment area are common after this treatment.

Post-Treatment Instructions for Kybella:

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- **Post-Treatment:** After the treatment, you will experience fullness in the injected area, which can last for 1-2 weeks. You may experience bruising up to 7 days after treatment. Numbness can be experienced in the treatment area until a few weeks post procedure.
- **Avoid Strenuous Activities:** Refrain from strenuous exercise or activities for at least 48 hours.
- **Sleep position:** Sleep on your back with your head elevated to decrease swelling.
- **Use ice packs:** Ice packs may be used on the treated area during the first 12 hours for comfort and to reduce swelling.
- **Massaging the area:** Avoid massaging the area unless instructed to do so by your physician.
- **Results are not immediate:** Results may be seen as early as 4-6 weeks post-treatment, but full results will not be noticed until 12 weeks post-treatment.
- **Follow-Up Appointments:** Attend follow-up appointments with your healthcare provider to review your progress and discuss any concerns. Optimal results require 2-3 treatments. You may schedule the next session 4-6 weeks after your initial treatment.
- **Report Any Unusual Reactions:** If you experience firm nodules, significant swelling, difficulty swallowing or smiling, or fever, contact your healthcare provider promptly.

Remember, individual healing experiences may vary, and it's crucial to follow your provider's specific instructions for optimal results and minimal complications. If you have follow up questions, please call the office at 212-644-8581, M-F 9-5 PM. For after-hours inquiries, the physician's direct contact information is available on our voicemail.

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Skincare Routine Recommendations

The skincare routine outlined below should be done for at least 7 days after your treatment. After the initial 7 days, continue to use SPF daily.

Gentle Cleanser: Use a mild, non-irritating cleanser that is suitable for your skin type. Look for a product that is free of stronger active ingredients (glycolic/salicylic acids), fragrances, and alcohols.

Recommended Gentle Cleansers

CETAPHIL | Gentle skin cleanser
CERAVE | Hydrating Facial Cleanser
LA ROCHE-POSAY | Toleriane Hydrating Gentle Face Cleanser

Moisturizer/Serum: Choose a gentle, hydrating moisturizer or serum that provides adequate moisture without clogging pores or causing irritation. If using both serum and moisturizer, apply the serum first and then the moisturizer.

Recommended Serums

TRNR SKIN | Niacinamide 5% Restorative Serum
LA ROCHE-POSAY | Hyalu B5 Hyaluronic Acid Serum
THE ORDINARY | Hyaluronic Acid 2% + B5 Hydrating Serum

Recommended Moisturizers

TRNR SKIN | Prebiotic Lipid Nourishing Moisturizer
LA ROCHE-POSAY | Toleriane Double Repair Face Moisturizer
CERAVE | Daily Moisturizing Lotion

Sun Protection: Choose an SPF of at least 30. We recommend a mineral sunscreen to help minimize irritation to the skin that a chemical sunscreen may cause.

Recommended Sun Protection

LA ROCHE-POSAY | Anthelios Ultra-Light Mineral Sunscreen SPF 50
LA ROCHE-POSAY | Anthelios Mineral SPF Moisturizer with Hyaluronic Acid SPF 30
SUPERGOOP | Mineral Unseen Sunscreen SPF 40

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