



YOUR POST CARE INSTRUCTIONS

KYBELLA

Thank you for choosing **Dream Aesthetic by Dr. Ortiz** for your contouring journey. Kybella is an injectable treatment designed to dissolve submental (under-chin) fat using deoxycholic acid. Following these postcare instructions will help you minimize swelling and ensure optimal results.

IMMEDIATE POST-TREATMENT:

- You may apply **ice packs** to the treated area for the first 12 hours
→ Ice for 15 minutes each hour (discontinue if uncomfortable)
- **Do not massage** the area after treatment
- **Do not wrap** or compress the treated area
- Avoid **hot showers, saunas, and steam rooms** for 24 hours

REST & LIFESTYLE:

- Sleep on your **back with head elevated** for 2–3 nights to reduce swelling
- Avoid **strenuous exercise** for at least 24 hours
- **No alcohol or salty foods** for 72 hours post-treatment to reduce swelling
- Expect a sensation of **heaviness** under the chin — this is normal

WHAT TO EXPECT:

- Swelling, bruising, tenderness, numbness, and firmness are common
- Swelling can last **4–6 weeks**
- **Do not take anti-swelling medication** unless advised
- **Numbness may persist** for up to 12 weeks
- Results begin around **4–6 weeks**, with full results visible by **12 weeks**

FOLLOW-UP:

- Most clients need **2–3 sessions** for optimal results
- Schedule your follow-up appointment **4–6 weeks after your first session**

CONTACT US IF YOU NOTICE:

- Difficulty breathing, swallowing, or smiling
- Significant bleeding or pain
- Dusky skin discoloration
- Fever or signs of infection

📞 **Call us immediately: (346) 539-2104**