

Radiance

Kybella & PC/DC Post Care:

WHAT TO EXPECT POST TREATMENT:

- You will have mild discomfort, burning, or tenderness for a few days after the anesthetic wears off from the treatment. Can ice to help this. 5 minutes on and 15 minutes off is a good rule as to avoid constant cold.
- Swelling and mild erythema (redness) will increase for the first 1-2 days and will subside over the next 1 ½ weeks (swelling is dependent on the treatment area size)
- Mild bruising if present will resolve over the next week. You can take Arnica Montana to help speed up this process.
- Itching or warmth at the injection site may be present, you can use topical Benadryl and Tylenol if needed.
- Numbness may be present and may take 30 days to completely resolve
- Area of firmness in the areas injected may last up to 30 days and you should not have subsequent treatments till this has resolved. Application of a warm compress and massage in the area, 1-2 days after treatment, can help reduce the firmness. Please call our office at 608-240-0088 to schedule your next injection or post photos after the firmness and numbness has resolved.

For Kybella & PC/DC Body Treatments (ie: bra fat & inner thighs):

- Avoid exercise for 48 hours after.
- For Leg/Thigh treatments, wear compression garments such as Spanx for 1 week after.
- Avoid salt or alcohol for 48 hours after.
- Please also refrain from physical activity for 24 hours after the treatment. This includes any form of activity such as cardio, weight lifting, yoga etc.

It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately! A follow-up for reactions will be necessary within 2 weeks of the treatment date. During business hours call 608-240-0088. After

business hours call Taylor Hill, RN @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699. If you are having unusual symptoms that are life threatening please go directly to the ER.

Skincare products that partner well with Kybella & PC/DC are available at Radiance:

- Radiance Total Body Bliss~ A body lotion that smooths, tightens and evens! A staff & client FAVE!
- Revison Nectifirm or Nectifirm Advanced~ A Specialty product that helps protect & firm the neck & décolletage area.
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more. Protect your investment!

Other Complementing Services to Consider:

- Genius RF Microneedling
<https://radianceskintherapy.com/skin-essentials/genius-rf-microneedling/>
- CoolTone
<https://radianceskintherapy.com/body-contouring/cooltone/>

