

Radiance

HEMOCARE INSTRUCTIONS FOR PC/DC AND KYBELLA

What to expect post treatment:

- You will have mild discomfort or tenderness. Icing can help, 5 minutes on & 15 minutes off, repeat as needed for relief.
- Swelling and mild redness will be likely and may increase for the first 1-2 days. This will subside over the next 1 ½ weeks (swelling varies based on the individual).
- Mild bruising, if present, will resolve over the next week. Taking oral Arnica Montana may help to speed up this process.
- Itching or warmth at the injection site may be present and using a topical Benadryl &/or Tylenol can help if needed.
- Numbness or a dulled sensation when touching the treatment area may be present and may take 30 days to completely resolve.
- Firmness in the areas injected may last up to 30 days and you should not have subsequent treatments until this has resolved. Application of a warm compress and massage in the area, 1-2 days after treatment, can help reduce the firmness.

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

- 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.

It is very important that you call us with concerns. Any 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 or text 608-240-0088. After business hours call or text Taylor Hill, FNP at 608-575-1750 or Anne Pientka, RN at 608-513-8699.