



Post Treatment Instructions
For Kybella or PPC DC
(phosphatidylcholine/deoxycholate)

- Swelling, bruising, redness and inflammation is expected for at least 3-7 days and can last up to 2 weeks.
- For discomfort ice treated area for 3-5 minutes at a time in the first 24 hours only. Icing will diminish the outcome and inhibit the inflammation process that we want to naturally happen.
- To allow for natural healing avoid taking anti-inflammatory medications like aspirin, ibuprofen, or steroids at least one week after the treatment.
- Tylenol can be taken as directed for added comfort.
- Avoid salty foods as this can increase swelling to the areas even more than what is to be expected.
- NO exercise for 48 hours post treatment.
- Elevate the head above the level of the heart with 1-2 pillows to assist with the decrease in swelling.
- Use Arnica Montana gel/cream, as directed, to reduce the appearance of a bruise.
- Bruising can be pinpoint and can be covered with make-up or concealer.

De Luz Medical Aesthetics
31843 Rancho California Road, Suite 200
Temecula, CA 92591
951-694-3600