



## **DEOXYCHOLIC ACID 'DCA' (a.k.a .Kybella) PRE-POST Treatment Instructions**

### PRE-TREATMENT INSTRUCTIONS:

If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.

It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 1 week before and after treatment to minimize bruising or bleeding. Please ask LouAnn Perugini, APRN prior to discontinuing any medications.

Avoid alcohol OR high-sodium foods 24-48 hours before and for a week after your treatment. These cause additional fluid retention which may increase risk of bruising and overall swelling.

If you develop a cold / flu, cold sores, sunburn, rash or any active infection or inflammation in the areas to be treated prior to your appointment, please reschedule your appointment with at least 24 hours notice, as we cannot treat any compromised skin.

Please cancel or reschedule your appointment if you are pregnant or breastfeeding. We will not treat anyone with either condition due to safety concerns.

### POST-TREATMENT INSTRUCTIONS:

After your treatment, you should anticipate developing redness, swelling, firmness and tenderness. The treated areas will feel tender, hard, swollen and 'jiggly' in 4-24 hours. Some people report feeling sore like a bruise or muscle cramp. This should peak between days 3-7 and begin to soften and resolve after that. Swelling is secondary to inflammation as the fat cells are disrupted. This inflammation is expected and important because it is thought to be responsible for the skin tightening seen 6-8 weeks after the treatment. If you do not develop any of these side effects, please let us know within 3 days.

Do NOT, touch, press, rub, massage, or manipulate the treatment area.

Ice the treated areas for 24 hours after the procedure. Place the icepack on the treated area for 10 minutes and remove the ice pack for 10 minutes. Continue this pattern as needed for the next 24 hours.

You may take whatever over-the-counter pain reliever you normally take to decrease post treatment discomfort if needed.

DermAesthetics, LLC  
348 Main Street South  
Southbury, CT 06488



[info@CTderma.com](mailto:info@CTderma.com)  
[www.CTderma.com](http://www.CTderma.com)  
[\(203\) 699-6772 \(6SPA\)](tel:(203)699-6772)

### Anti-Aging And Medical Skin Care Center

For the next 3-5 days after treatment, try not to sleep on the treated areas if you had a body treatment performed. If you had your neck or jowls treated, please sleep with the head elevated to help reduce the expected swelling.

Stay hydrated, drink at least 1.5 to 2 liters of fluids daily after treatment to help flush out the inflammation.

Avoid vigorous exercise, direct sun, hot water and heat exposure for 7 days after treatment. Light exercises such as walking, or bike riding are ok.

Excessive heat or exercise can cause fluid retention which increases swelling. Warm (not hot) showers are recommended. Please no water immersion or soaking to any treated body areas for 72 hours. This includes baths, pools, ocean water or hot tubs. No bathing restrictions are required after that.

Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the treatment areas for 6 weeks.

If you had areas of the body treated, you will leave the office with band aids over the cannula injection sites. Please leave the band aids on for the remainder of the day because slight oozing can occur in the first 12-24 hours. You may take off the band aids before showering the next day.

Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, drainage, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.

Thank you for your business. Please do not hesitate to call for any questions or concerns.

#### **LouAnn Perugini, ACNP, FNP, DCNP, CANS**

Dermatology and Aesthetic Board Certified APRN  
DermAesthetics, Anti-Aging, Laser & Medical Skin Care Center

Office: [\(203\) 699-6772](tel:(203)699-6772)

Text: [\(203\) 871-3299](tel:(203)871-3299)

[info@ctderma.com](mailto:info@ctderma.com)

[www.CTderma.com](http://www.CTderma.com)