

KYBELLA AFTER CARE

- **Avoid extreme temperatures of heat for 24 hours post treatment (i.e. Jacuzzi, hot showers etc.).**
- **Do NOT consume alcohol or sodium for 3 days post treatment to avoid excess swelling.**
- **Avoid strenuous exercise for 24 hours post treatment.**
- **Sleep on your back with your head elevated to decrease swelling.**

IRIDESCENT MEDICAL SPA

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