

THE PEARL

DERMATOLOGY

Kybella

KYBELLA (deoxycholic acid) is an FDA (Food and Drug Administration) approved injection that is indicated for improvement in the appearance of moderate to severe convexity or fullness associated with submental fat, also called "double chin," in adults. KYBELLA works by destroying the fat cell membrane, leading to elimination of cellular debris through the lymphatic and renal system. Once a fat cell is destroyed, it cannot grow back, and therefore is permanently eliminated. The safe and effective use of KYBELLA for the treatment of subcutaneous fat outside the submental region has not been approved.

KYBELLA is injected directly into the fat under the chin (no more than 50 injections or 10mL under the skin). Treatment is done in under 15 minutes. Multiple treatments are usually required for the best results. KYBELLA injections are given at least a month apart. Healthcare providers, in conjunction with the patient, will decide on how many treatments are needed for the area of concern. KYBELLA can occasionally be used in "off-label" areas such as the legs, abdomen, and "bra-fat" areas.

Treatment Day

1. Prior to each treatment, 15 minutes early to your scheduled appointment time, so that there is time for us to clean the treatment area and take photographs.
2. Numbing is optional for this procedure. If you would like to numb, please make our front desk aware and plan to arrive 1 hour and 15 minutes prior to your appointment time.

Post-Treatment Instructions

1. Avoid strenuous exercise or straining for 48 hours following treatment.
2. Avoid medications and supplements that may increase the chance of bruising for 48 hours following treatment
3. To help with discomfort and swelling, icing is recommended for 20 minutes out of each hour for the first day. Continue icing as needed.

Possible Risks & Complications

- Common:
 - Bruising: Small bruises may occur at the sites of Kybella injection. The chance of significant bruising can be minimized by avoiding medications, supplements, and foods that can thin the blood (examples: Advil/ibuprofen, aspirin, alcohol, vitamin E, fish oil).
 - Soreness/discomfort/pain: usually mild in nature and occurs during the first several days after treatment. Discomfort is typically not significant enough to interrupt daily activities. Soreness may persist in the area for 2-4 weeks following treatment.
 - Redness in treatment area: Red to pink discoloration may occur in the treatment area, and typically lasts 1-3 days following treatment.

- Swelling: Swelling or fullness underneath the chin will occur following treatment. The degree of swelling is often related to the amount of fat treated and the amount of Kybella used during a treatment session. The larger the area and the larger amounts of Kybella used are more likely to produce swelling. This is a normal side effect and can persist for 1-2 weeks following treatment. Lumpiness or nodular feeling of the skin is possible and usually resolves in 1-2 weeks following treatment.
- Numbness: Lack of sensation in or around the area of Kybella treatment is possible. It is temporary in nature and resolves over a period of days to weeks.
- Rare:
 - Difficulty swallowing: Irritation of nerves in/around the area of Kybella treatment can lead to a small chance of difficulty in swallowing. This is rare, mild in nature, and temporary. It typically resolves over a period of days.
 - Asymmetric smile: Due to the swelling and mild inflammation experienced during Kybella treatment, there is a small risk that a temporary change in your smile may occur. A nerve that helps form your smile (marginal mandibular nerve) may become irritated from treatment, resulting in a lopsided smile of the lower lip. This is temporary in nature and resolves over a period of days to weeks.
 - Skin ulceration: An open wound can rarely develop at the site of Kybella injection and heals over a period of days to weeks.
 - Hair loss: A small area of hair loss is possible in/around the area of the Kybella treatment.
 - Although uncommon, any procedure that punctures or breaks the surface of the skin carries a risk of a secondary infection.

Recommended Post-Procedure Products

1. Clinicians Complex Post Injection Cream