

KYBELLA

PATIENT INFORMATION

Kybella is the first and currently, the only FDA-approved injectable treatment to improve the appearance of fat beneath the chin also called “double chin”. The active ingredient in Kybella is deoxycholic acid, a naturally occurring substance in the body. It is similar to bile produced by the gallbladder which helps in the digestion of dietary fat. When injected into the fat below the chin, fat cells are broken down and can no longer accumulate fat. Both men and women can be treated. The ideal candidate is one who has moderate to severe accumulation of fat under their chin, but who also has good skin tone. In those patients who have neck skin laxity and wrinkling, this procedure could conceivably make that look worse. It is anticipated that for most who have good skin tone, it will contract and tighten once the fat is removed, much like that which occurs after pregnancy. The procedure is performed in the office with topical anesthesia and takes about 30 minutes. Results are seen roughly 4-6 weeks after treatment. A series of 1-6 treatments spaced at 1 month or longer intervals may be required to obtain the desired results as improvement is incremental with each treatment session. Rarely there may be less than desired or no appreciable improvement. Most patients can appreciate improvement after 2-3 treatments.

Every injection of a drug involves a certain amount of risk. Below are the risks recorded during clinical trials that are specific to the injection of Kybella.

- Kybella injections **COMMONLY** cause swelling, bruising, pain, numbness, redness, and areas of hardness in the treatment area. Kybella injections can also cause tingling, nodule, itching, skin tightness, and headache. These side effects typically resolve without treatment and do not commonly result in patients discontinuing treatment.

Although less common, other potential side effects include:

- Nerve injury: Kybella injections could cause nerve injury in the area of the jaw resulting in an uneven smile with facial muscle weakness. In clinical trials, these resolved without treatment in an average of 44 days. The incidence was approximately 4%.
- Swelling: Kybella injections can temporarily cause trouble with swallowing rarely lasting more than three days. The incidence of this side effect is around 2%.
- Skin ulceration: Kybella injections could cause superficial skin erosions.
- Hair loss: Kybella injections could cause small patches of hair loss in the treatment area especially in males.
- Unsatisfactory results: There is the possibility of an unsatisfactory result from injections of Kybella. The procedure may result in visible deformities or asymmetry in the treatment area including making neck lines and wrinkles more noticeable.

PREOPERATIVE INSTRUCTIONS

- Arrive at the office one hour before treatment for topical anesthesia and with a clean face and neck free of makeup and moisturizers.
- To minimize the possibility of bruising, nonessential blood thinning medications or supplements should be discontinued for 10-14 days prior to treatment. These include aspirin, ibuprofen, Advil, Motrin, Midol, Aleve, Excedrin, Alka-Seltzer, Vitamin-E, green tea, garlic, ginkgo biloba,

ginseng, and St. John's wort. Please be advised that bruising does not affect the success of treatment, but can prolong recovery.

- You may take Claritin 10mg or similar antihistamine, extra strength Tylenol 500mg tablets (2), and ibuprofen 200mg (2) one hour prior to treatment to minimize postoperative pain and swelling. We will provide these medications if you forget to bring them with you.
- If you are pregnant, breastfeeding, or trying to become pregnant, you are not a candidate for this procedure.

INTRAOPERATIVE INSTRUCTIONS

- Once the topical anesthesia is removed, a washable removable grid will be applied to your neck which will act as a template to ensure adequate placement of the product.
- A series of between 10 and 30 individual injections will be administered which may be mildly uncomfortable.
- Immediately after treatment, there is likely to be moderately severe discomfort lasting several minutes to several hours, and rarely several days.
- A cool pack will be applied immediately after treatment to relieve this discomfort.

POSTOPERATIVE INSTRUCTIONS

- You may continue to apply cool compresses for 5-10 minutes every hour or two on the treated area to reduce swelling, pain, and bruising. These may be used for the next 24-48 hours.
- You may take Claritin 10mg or similar antihistamine at package recommended doses and intervals for 24-48 hours to reduce swelling and discomfort.
- You may take extra strength Tylenol 500mg (2) and ibuprofen 200mg (2) every 4-6 hours as needed for pain.
- Please call the office to report any untoward effect of which you have concern, but please be aware that it is common to experience swelling, bruising, discomfort, numbness, redness, and areas of hardness in the area of treatment.
- It may take at least 4-6 weeks after treatment to see any results and a series of 1-6 treatments spaced at 1 month or longer intervals is likely to be required to obtain the desired result of improvement.

Our goal is to educate you so that you have a clear understanding of the treatment options, risks, benefits, and alternatives before proceeding with your treatments. We are honored you have chosen New England Dermatology and Laser Center for your skin care. Together, we strive to meet your expectations.