

## Considering Kybella?

Let us help address some frequently asked questions!

### What is Kybella?

Kybella is an FDA-approved cosmetic injection indicated for improvement in the appearance of submental (under-chin) fullness associated with submental fat in adults. Kybella can also be used off-label by experienced injectors to treat fat pads in other areas of the body. Kybella is a solution containing deoxycholic acid, a natural component of our bodies that works to dissolve fat. Destruction of these fat cells begins immediately upon injection of the product into the skin, and the fat cells are



subsequently resorbed by the body over the next 2-3 months, resulting in reduction in fat and tightening of the overlying skin. The results of Kybella are not immediate, as it takes time for the body's fat resorption to occur. Typical patients require 2-4 Kybella sessions spaced 4-8 weeks apart to achieve optimal fat pad reduction.

### What can I expect during and after the treatment session?

Upon injection of Kybella, you will experience a mild to moderate burning sensation that subsides gradually over the following hour. We will apply ice packs to the area following treatment to help reduce any discomfort. From the time of injection and for several days following the injections, you will have swelling, fullness, inflammation, and tenderness in the treatment area. This swelling is a **normal and expected** part of Kybella treatment and is related to the liquefaction of the fat cells and the body's immune reaction to this process. For some patients, this swelling is mild and lasts only a day or two, and for others, it can be more pronounced and lasting up to 1-2 weeks. With this in mind, it is important to time your Kybella treatments around any social plans you may have. Many patients opt to wear a turtle neck or scarf in the days following treatment to conceal any swelling they may develop.

### Are there any major side effects to Kybella?

As mentioned above, common and expected side effects of Kybella include burning, tenderness, inflammation, redness, and temporary swelling in the area, as well as some possible bruising at the injection sites. Occasionally, a firm nodule may develop within the treatment area; these nodules are harmless and resolve with time and develop as an immune response to the fat liquefaction. Rare and more serious side effects of Kybella that have been reported include numbness, marginal mandibular nerve injury, dysphagia (difficulty swallowing), tissue necrosis, hyperpigmentation, and patches of localized hair loss. These types of side effects are rare and are usually seen when the injections are administered in the incorrect tissue depth or anatomical location. At Legacy Dermatology, our injectors are very well-trained, experienced, and knowledgeable of craniofacial anatomy, and therefore we know the appropriate safety techniques to avoid the types of serious complications listed above. If you have concerns, please feel free to discuss this in more detail with your injector prior to treatment.

### Are there any contraindications?

You should not be pregnant, nursing an infant, have a history of bleeding disorder, or have an active infection in the area to be treated. Also, you should tell your physician if you take any blood thinners or aspirin.

### Post Care Instructions:

- Ice packs may be used to the treated area during the first 12 hours. Apply ice for 15 minutes per hour as necessary to help control swelling and tenderness.
- Do not massage the treatment area.
- If desired, you may take ibuprofen 400- 600mg as needed every 6 hours beginning the day of your treatment and for up to the following 3 days.
- Please avoid heavy exercise for the rest of the day following your Kybella treatment.
- Notify Legacy Dermatology if any significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever occurs.

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**Are there any alternative treatment options I could do instead of Kybella?**

As explained, not all submental fullness will respond to Kybella. Other alternative treatments we offer at Legacy Dermatology include TruSculpt, Pelleve, and Ultherapy. Feel free to talk to your provider if you are interested in learning more about these options. Other options, including liposuction, Thermage, surgical neck lift, and other platysmoplasty procedures are available and would be best performed by an experienced plastic surgeon, to which we can refer you if desired.

**What is the cost of Kybella treatment?**

Treatment will vary from person to person and will depend your personal anatomical needs, budget, and goals and can range from as low as \$500 to as high as several \$1000 for the full series. Note that we offer a program called Brilliant Distinctions, which allows you to earn coupons and credits to be used towards discounts, which can be applied towards future injections with Kybella or with Botox or Juvederm brand fillers. If financing is desired, please ask our staff about CareCredit, which allows qualified participants to finance their treatment over 6 months with little to no interest.

**What can I do to maintain and/or enhance the appearance of my Kybella treatment?**

We would strongly suggest that you couple your Kybella treatment with a **high-quality neck-firming skin care product**. Some of our favorites include Revision Nectifirm, Neocutis MicroFirm, and/or Sente Neck Firming Cream. As your provider which of these products is best for your skin type. If you notice sagging of the submental and/or neck area following Kybella-induced fat reduction, you may want to consider undergoing a skin tightening procedure with Pelleve or Ultherapy after your treatment. Ask your provider if you would like more details. Lastly, **be mindful of your diet and exercise**, as future weight gain could cause a new fat pad to develop in the treated area over time.

*Note: the above information is provided to ensure your full informed consent prior to undergoing this treatment. After your review and acknowledgement of this information, a formal signature of your consent will be obtained in our Electronic Medical System prior to performing your procedure.*