

Center for Aesthetic and Laser Medicine Scottsdale

## **KYBELLA**

### *Pre & Post Procedure Instructions*

#### **What is Kybella?**

Kybella is an FDA-approved, injectable medication that is used to dissolve fat cells in the submental area (below the chin). When used appropriately, it has been shown to improve the appearance and profile of moderate to severe fat in this area. The active ingredient in Kybella is synthetic deoxycholic acid. Deoxycholic acid is a naturally occurring enzyme in the body that aids in the breakdown and absorption of dietary fat. When injected into the fat cells beneath the chin, Kybella destroys fat cells and results in a noticeable reduction in fullness. Once these cells are destroyed, they can no longer store or accumulate fat so further treatment is not expected once you reach your desired aesthetic goal.

#### **Who is a good candidate for Kybella?**

You may be a good candidate for Kybella if you have moderate to severe fat accumulation in the area below your chin. The best candidates are at or near their ideal body weight with stubborn areas of fat that are not responsive to diet and exercise. Patients who do not wish to have surgical interventions such as liposuction may be interested in Kybella.

#### **What should I expect with treatment?**

Before starting treatment, your doctor will examine the area under and around your chin to determine if you are a good candidate for Kybella. Then, your specialist will tailor your treatment to the amount of fat under the chin and your aesthetic goals. With each treatment, you will receive multiple small injections in the treatment area. The exact number of injections is based on the size of the treatment area and the desired patient outcome. You may be provided with numbing cream, ice, or a cooling device to help lessen the discomfort.

#### **Does Kybella work for everyone?**

The majority of individuals who receive Kybella treatment will have visible fat reduction. However, some patients may have less than satisfactory results, even after undergoing many treatments. The destruction of treated fat cells is permanent, however, if you gain weight after the procedure you can still have expansion of residual fat cells in this area.

#### **How many treatments will I need?**

The number of treatments needed to achieve your aesthetic goal will vary from patient to patient. Patients may require multiple treatments to achieve their desired reduction. Treatments can safely be performed at least 1 month apart, and you should not receive more than 6 treatments. In clinical studies, 59% of patients received 6 treatments to achieve their desired results.

#### **What are the most common side effects?**

1. *Swelling*-it is common to notice swelling after treatment. This will be the most noticeable in the first day, and will gradually subside over the following week. The amount of swelling is related to the size of the treatment area and amount injected to achieve your desired goal.
2. *Pain*- it is common to experience some pain during the procedure. This typically peaks in the minutes following injection, and gradually subsides shortly after. After this initial discomfort, you may experience some tenderness in the injection area for the days that follow.
3. *Numbness*- it is possible you may experience some temporary numbness after the procedure, this should be temporary and subside over the following week.

4. *Redness* – it is common to notice redness immediately after treatment. This will be most noticeable in the first day, and will gradually subside over the following week.
5. *Areas of Firmness in the treatment area* – it is common to notice areas of firmness in the treatment area. This is temporary and will gradually subside over the following week.
6. *Temporary bruising/hematoma*- certain medications and supplements may increase the incidence of bruising; this risk may be minimized by avoiding blood thinners listed below.

#### **What are the less common side effects?**

1. *Nerve injury*- this is a rare but possible complication of treatment with Kybella. In clinical trials, up to 4% of patients experienced temporary injury of the marginal mandibular nerve. This may cause an asymmetric smile or facial muscle weakness. All cases resolved spontaneously, with the median time to resolution being 44 days.
2. *Difficulty swallowing*- this is a very rare but possible complication of treatment with Kybella. Please inform your provider if you have a history of dysphagia (difficulty swallowing) from other causes, as treatment with Kybella may exacerbate this.
3. *Injection site complications including hair loss, ulceration, or necrosis (tissue death)* - this is a very rare but possible complication of treatment with Kybella.

#### **Pregnancy, Lactation, Allergies**

Kybella should not be administered in pregnant or lactating (breastfeeding) women.

#### **Before the procedure/what to bring:**

1. One week prior to your appointment, **AVOID** blood thinners, such as aspirin, naproxen (Naprosyn, Aleve), fish oil/ingestion of fish (shellfish are ok), coconut oil, garlic, ginkgo, ginseng, curcumin/turmeric, and St. John's Wort.  
Discontinue ibuprofen (Motrin, Advil) 3 days prior to your procedure.  
Note: do not discontinue medications that you are taking for medical reasons without consulting your prescribing provider.
2. Eat a breakfast, lunch, or snack prior to your appointment.
3. Inform your provider if you have a history of difficulty swallowing, medical allergies, history of anaphylaxis, or other medical problems.

#### **What should I do after the procedure?**

1. You may ice the area frequently for any swelling or discomfort in the few days after treatment.
2. **For pain or discomfort, you may take ibuprofen, aspirin, or other OTC anti-inflammatory medications**

#### **What should I NOT do after the procedure?**

1. Avoid strenuous exercise for the first 24-48 hours after your procedure. After this you may resume all normal activities.

Please contact our staff with any questions regarding your care.

**480-591-3500 or 602-494-1817**

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