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KYBELLA® FREQUENTLY ASKED QUESTIONS

What is submental fullness?

Submental fullness, or a double chin, is a common condition in adults where excess fat is stored in the neck below the chin and jawline. This decreases the youthful jawline definition and leads to an imbalanced, older, and overweight appearance. According to a 2015 study by the American Society for Dermatologic Surgery 67 % of people are bothered by the appearance of a double chin. There are many factors that contribute to having a double chin including age, genetics, and weight. Often times, diet and exercise alone are not enough to address a double chin.

What is Kybella®?

Kybella® is deoxycholic acid, a prescription-strength injection used to treat the double chin (submental fat) in adults. Deoxycholic acid is a salt that is made in the liver that breaks down fat from the diet. Kybella® is the first and only FDA approved injectable treatment for the double chin.

How does Kybella® work?

Kybella® actually destroys the fat cells that accumulate in the neck. Once these cells are destroyed, they can no longer store or accumulate fat. The body then naturally eliminates the fat slowly over a few weeks.

What results will I see with a Kybella® treatment?

Please visit www.aeskin.com/kybella.html to see before and after pictures of patients from the pivotal Kybella® study. Seventy-nine percent of these patients had improved satisfaction with their double chin 12 weeks after their final Kybella® treatment. Patients from the study also noticed improvement in the emotional and visual impact of their double chin. They felt more happy, less bothered, less self-conscious, less embarrassed, younger, and thinner with respect to their double chins.

How many Kybella® treatments are required?

Kybella® is provided in 2 mL vials. Normally two 2 mL vials are used for each treatment, but this amount varies from person to person depending on the size of the area to be treated. In the Kybella® studies up to six treatments were performed on patients, but now with more data we find that most people require two to four treatments. At A E Skin photographs are taken every six weeks to monitor your progress. Upon review of these pictures you can decide if your desired results have been achieved or if you would like to proceed with more Kybella® treatments.

How often are Kybella® treatments done?

Dr. Alex recommends repeating the Kybella® treatment every six weeks.

Does the Kybella® treatment hurt?

At A E Skin we take extra steps to ensure that our patients are comfortable during the treatment. We apply numbing cream for 15 minutes before a treatment and use Dr. Alex's painless Botox technique for the injections. We also provide our patients with ice packs after the treatment. The injections are done with a tiny needle so that there is minimal discomfort after the treatment and we provide ice packs to improve any stinging or burning that some people feel for the first few minutes after a treatment.

Who should not receive a Kybella® treatment?

Kybella® treatments should not be performed on anyone who has an infection in the area. Kybella® has not been studied on women who are pregnant, trying to become pregnant, or breast feeding. Dr. Alex does not recommend Kybella® treatments for such individuals. Tell Dr. Alex if you have medical conditions in the neck area such as difficulty swallowing. Also tell Dr. Alex if you have had or are planning to have cosmetic surgical treatments in the neck or face area such as a facelift or neck lift or if you have a bleeding disorder.

When do you see results after a Kybella® treatment?

The results of a single Kybella® treatment are usually seen approximately four to six weeks after the treatment. At that time the area is reassessed to determine if further Kybella® treatments are indicated. Most patients have two to four Kybella® treatments every six weeks.

How long do results with Kybella® last?

The great thing about Kybella® is that it permanently dissolves the fat in the neck and it is not expected to come back.

Is Kybella® safe?

Kybella® has been approved by the FDA and tested on over 1,600 people worldwide in over 20 clinical studies. These Kybella® studies were conducted on people 18 years of age or older. Kybella® has not been studied in children under 18 years of age or in women who are pregnant or breast feeding. The studies demonstrated that over two thirds of people treated with Kybella® responded with at least a one grade improvement and 79 % of patients treated with Kybella® were satisfied with their results.

Does Kybella® work in other areas?

Currently Kybella® is only approved for use in double chins (submental fullness). Studies are being conducted to determine Kybella®'s safety and efficacy in other areas.

What are the side effects with Kybella®?

Kybella® is an injection. As with any injection there are risks for pain, bleeding, bruising, and infection. The most common side effects of Kybella® are swelling, bruising, pain, numbness, redness, and areas of hardness in the treatment area. Other side effects include, but are not limited to, difficulty swallowing and nerve injury leading to temporary muscle weakness in the face which can cause an uneven smile.

What can I expect after a Kybella® treatment?

Most people resume their normal activities right away after a treatment. Swelling can last usually three to four days after a treatment, so some people schedule their treatments around social and work commitments. Applying cold compresses for the first 15 minutes after the treatment will improve any stinging or burning that you may feel immediately after the treatment.