

What is Kybella and how does it work?

KYBELLA® is a prescription medicine used in adults to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called “double chin.”

Deoxycholic acid is a bile acid, naturally produced by your body to help absorb fat. Kybella injections use a synthetic form of this as an injection. Once injected, the acid destroys fat cells beneath the chin area so it can't store fat anymore. Due to the post treatment swelling that can occur with Kybella, we recommend that you plan for at least 3-4 weeks in between treatment and any significant life events to allow for swelling to subside.

What to expect at your Kybella appointment

All appointments include a complimentary consultation. At your Kybella appointment your provider will go over your area of concern and see if Kybella is a good fit for you. If Kybella is right for you, your provider will proceed with treatment the same day. The appointment including consultation and treatment is approximately 45 minutes. We use ultra-fine needles to administer the product. The injections can be a little bit uncomfortable, your provider will provide an ice pack to apply to the treatment area to help minimize discomfort.

Who cannot receive Kybella treatments?

We cannot perform Kybella™ treatments on clients with current or past history of Dysphagia, “trouble swallowing”, currently pregnant or breastfeeding, with presence of infection at or near the injection sites, or under the age of 18.

Pre-Treatment Instructions:

- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.

Post Treatment Instructions:

- Following treatment place a cold compress or ice pack on the area for 20 minutes and remove the cold compress or ice pack for 20 minutes. Continue this pattern as needed for 24 hours.
- If not allergic, you may use Arnica to help decrease bruising, swelling, and discomfort.
- If not allergic, you may take over the counter acetaminophen if needed to decrease post treatment discomfort.

- Sleep on your back and with head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid steroids such as prednisone, NSAIDS (such as ibuprofen, naproxen, aspirin), alcohol, caffeine, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, and spicy foods 24-48 hours after your treatment.
- Though these side effects are very rare, please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.