

## **Kybella Information Sheet**

### **What is Kybella?**

Kybella is an FDA-approved injectable drug composed of deoxycholic acid, a naturally-occurring digestive molecule that aids in breakdown of dietary fat. Kybella is injected directly into the fat to permanently destroy fat cells and create a more contoured look. It is currently only FDA approved to treat fat under the chin (submental) area. Safety in other areas has not yet been established.

### **How is Kybella administered?**

The skin is numbed with anesthetic prior to the injections. Kybella is injected once a month and improvement is usually noted 3-4 weeks after each visit. Your doctor will determine the number of treatments and amount of drug you may need. It is impossible to know exactly how many treatment sessions will be required, however, most patients need 2-4 sessions to treat chin fat. After the aesthetic goal is achieved over a series of treatments, retreatment is not expected, and the results should be permanent.

### **Before the procedure**

- Avoid taking aspirin and ibuprofen for 10 days prior to injections to reduce the risk of bruising.
- **PLAN TO BE VERY SWOLLEN IN THE TREATED AREA FOR 1-2 WEEKS.**
- Acetaminophen (Tylenol) can be taken 1 hour prior to reduce discomfort during treatment.

### **After the procedure**

- Avoid strenuous physical activity or exercise for 24 hours after treatment.
- Application of ice for short periods of time after treatment may help reduce swelling.
- Tylenol may be taken as directed to help reduce discomfort.
- Do not massage the area or compress the area for 4 days as this tends to make the swelling worse. Leaving the area alone as much as possible seems to result in the least amount of swelling.
- You will feel pain and numbness in the treated area for a few weeks. Swelling is expected for the first 1-2 weeks and may cause a feeling of fullness on the throat.
- If you feel hard nodules under the skin one week after the procedure, that signifies the body is clearing the fat from the area. Gentle massage will speed up the resolution of the hard nodules.

### **Is Kybella safe?**

Common side effects may include swelling, bruising, pain, numbness, redness or formation of small areas of firmness in the submental area. These usually resolve within 1-4 weeks without intervention. During clinical research studies, serious adverse events such as facial asymmetry or trouble swallowing were limited to 1.6% of study participants.

### **Who cannot receive treatment with Kybella?**

Those who are pregnant or breastfeeding, have trouble swallowing or have bleeding problems or are on blood thinning medications should not be treated. You must have at least a ½ inch of fat in the area to be treated.