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**Kybella**

*Kybella is an individually tailored injectable treatment used to improve the appearance and profile of moderate to severe fat below the chin, also called “double chin”.*

What to expect

* Before starting treatment your provider will examine the area under and around your chin to determine if Kybella is right for you. Then, your provider will tailor your treatment to the amount of fat under the chin and your aesthetic goals.
* At each treatment you will receive multiple small injections under your chin, and the injection process takes about 15 to 20 minutes. The exact number of injections will depend on the amount of fat you have under your chin and your desired profile.
* Since everyone’s chin profile is different, the number of treatments varies from patient to patient. Each Kybella treatment session is given at least 1 month apart.
* After treatment, you will likely have some swelling, bruising, or numbness under your chin.
* Results will be seen gradually over the next 4-8 weeks after treatment.

Pre-Treatment

* Schedule your treatment at least 2-4 weeks in advance to a special event.
* Clients should notify the provider if they have recently had or plan to have an invasive procedure or cosmetic treatment on the face or neck within 4 weeks before or after treatment.
* It is recommended to discontinue the use of blood thinner, anticoagulants, or multivitamins at least 1 week prior to your appointment. Please consult with your primary physician prior to discontinuing any medications.
* Avoid exfoliants and bleaching creams for 2 days prior to treatment.
* Avoid alcoholic beverages for 24 hours prior to treatment.
* Avoid applying creams, lotions, makeup, etc. to your face and neck the day of your treatment.

Post-Treatment

* Do NOT touch, press, rub, or manipulate the injected areas for 6 hours after treatment.
* Ice the treated area for the next 12 hours – every hour for 15 minutes at a time. Avoiding icing areas with numbness to avoid thermal injury to the skin.
* If bruising occurs, we encourage taking OTC Arnica.
* Avoid blood thinners, anticoagulants, multivitamins, and alcoholic beverages at least 5 – 7 days after treatment. Please consult with your primary physician prior to discontinuing any medications.
* The treated area can be cleansed using a mild cleanser the following day.
* Avoid make-up, vigorous exercise, UV light, and heat exposure for 24 hours.
* Avoid exfoliants and bleaching creams for 2 days.
* Avoid cosmetic treatments such as laser, ultrasound, peels, or facials for 2 weeks.
* Redness, swelling, bruising, and tenderness are common symptoms following treatment. These symptoms typically last for 3-5 days, however they can persist up to 4-6 weeks.
* Numbness in the treatment area can occur and may last up to 4-6 weeks.
* Feelings of heaviness following treatment can occur, especially when laying down. If you experience this, you may feel short of breath. Sitting upright or propped up should help minimize this sensation.
* We encourage you to sleep with your head elevated for the first 2 nights to help minimize swelling.

Complications/Risks

* Swelling
* Discomfort or pain
* Numbness
* Redness
* Areas of hardness in the treatment area
* Bruising
* Nerve injury in the jaw resulting in an uneven smile, facial muscle weakness, or difficulty swallowing
* Open sores or ulcers
* Necrosis

Exclusion Criteria

* Pregnancy
* Currently breastfeeding
* Active infection, cold sore, open lacerations, hives, cyst, pimples, or rashes in the treatment area.
* Trouble swallowing