



Catch the latest article on Kybella Injections

Double Take: Can Kybella Really Melt Your Double Chin?

Written by SaVanna Shoemaker, MS, RDN, LD

Kybella is an FDA-approved procedure that gradually destroys the fat cells under your chin through a series of injections. We dive into how effective this chin-slimming procedure is — plus the deets on cost, safety, and side effects.

Double chin got you down? You're not alone. Some folks don't mind a little squish, while others don't love side-profile pudg. Unfortunately, face and jaw exercises won't specifically target the stubborn patch of fat under your chin. But Kybella can.

What is Kybella? To get crystal clear on Kybella, we spoke to cosmetic dermatologist Dr. Michele Green. She offers this and several other cosmetic services at her NYC office. Kybella, she explains, is an injectable medication used to dissolve double-chin fat. It's much less invasive than surgical procedures like liposuction. And it's actually effective.

"Fat cells in the treatment area are dissolved through a chemical process called lipolysis," Dr. Green explains. She says your body then metabolizes — aka, burns — those fat cells for the next 4-6 weeks. A Kybella treatment involves a series of injections in the target area. Most folks need 3-5 sessions to get the results they want. Dr. Green says some providers also use it to dissolve pockets of excess fat in other areas of the body: knees, abdomen, thighs, upper back and underarms (Green says this "bra fat" reduction is popular). Some docs also use Kybella to shrink fatty tumors.

How does a Kybella work? A quick science lesson:

- Kybella is made from synthetic deoxycholic acid, a type of bile acid.
- Bile is a fluid typically produced by the liver.
- Bile emulsifies fats, breaking them down so the body can absorb them.

When a doc injects your double chin with Kybella, a synthetic bile acid, it causes resorption of the fat. The fat cells are destroyed, and their components are cycled through the bloodstream and broken down just like dietary fat.

Bottom line: Kybella triggers fat digestion — but outside of your digestive tract.

Kybella is noninvasive, so not much prep is needed. However, Dr. Green says it's important to discontinue blood thinners (aspirin, Aleve, or coumadin) and multivitamins before your appointment. This helps to prevent post-treatment bruising. Expect swelling at the injection site for a few days, says Dr. Green. She recommends sleeping at an elevated angle the night after your injections to reduce pressure and tenderness. But the most important thing to expect after treatment? A reduction in your double chin! "One of the greatest benefits of treatment with

Kybella is that the cosmetic effects are permanent,” Dr. Green says.

How long does a Kybella last? Technically, forever. Kybella permanently destroys the fat cells targeted in each treatment session. However, providers recommend that you avoid gaining weight to prevent the remaining fat cells from enlarging.

For more inquires about this procedure, email us at
info@skyrosercs.org

FOR THIS WEEK'S: HEALTHY RECIPE

Chicken Cutlets with Sun-Dried Tomato Cream Sauce

Ingredients

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup finely chopped shallots
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons chopped fresh parsley



Directions

Step 1: Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165°F, about 6 minutes total. Transfer to a plate.

Step 2: Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

TREATMENT OF THE MONTH

The impossible becomes possible with

Kybella Injections



KEY BENEFITS OF KYBELLA

- No Scarring
- A simple procedure
- No downtime
- Lasting results
- Youthful appearance

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Proving our claims through a

Case Study by Ava T. Shamban, MD

Title: Noninvasive Submental Fat

Compartment Treatment

Summary:

Background:

KYBELLA, ATX-101, is an injectable form of sodium deoxycholic acid. It is currently the only Food and Drug Administration–approved injectable drug for the reduction of submental fat.

Objectives:

A literature review and discussion of the treatment of submental fat.

Results:

KYBELLA is a well-tolerated alternative for the treatment of submental fat.

Conclusions:

KYBELLA is a safe and efficacious, first in class, injectable drug for the reduction of submental fat.

[Click Here to view the Case Study](#)

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