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## **KYBELLA® (DEOXYCHOLIC ACID) INFORMED CONSENT**

### **Background**

Kybella® (deoxycholic acid) is a prescription-strength injection used to treat the double chin (submental fat) in adults. Kybella® destroys the fat cells that accumulate in the neck. The body then naturally eliminates the fat slowly over a few weeks. Once these cells are destroyed, they can no longer store or accumulate fat. Kybella® injection has been FDA approved for cosmetic use only in the double chin (submental area).

Kybella® is prepared at a very controlled solution and when injected into the skin with a very fine needle, it is almost painless. Patients may feel a slight burning sensation while the solution is being injected. The treatment takes about 15 - 20 minutes. Most patients require two to three vials per treatment, but some patients require up to five vials per treatment. Most patients require two to four treatments, but some patients require up to six treatments. Final improvement is assessed twelve weeks after the final treatment.

### **Risks and Complications**

This list is not meant to be inclusive of all possible risks and complications associated with Kybella® as there are both known and unknown side effects associated with any medication or procedure. The possible side effects of Kybella® include but are not limited to:

1. Swelling (edema) in the treatment area
2. Bruising (hematoma) in the treatment area
3. Pain in the treatment area
4. Numbness in the treatment area
5. Redness (erythema)
6. Areas of hardness (induration) in the treatment area
7. Ulceration of the skin in the treatment area
8. Temporary or permanent hair loss at the injection site(s)
9. Less common side effects include, but are not limited to, tingling, nodules, itching, skin tightness, and headache. These side effects typically resolve without treatment.
10. Other less common but serious potential side effects of Kybella include temporary nerve injury in the jaw that can cause an uneven smile or facial muscle weakness, trouble swallowing, superficial skin erosions, small patches of hair loss in the treatment area, or unsatisfactory results.

### **Alternatives**

Kybella® is best used in treatment of the double chin (submental fat). Alternative treatments for a double chin include surgical treatments such as a facelift or neck lift, liposuction, and non-surgical treatments such as energy-based devices.

### **Photographs**

Clinical photographs and their use shall be used for the patient's medical record. Photographs are not shared with third parties or used for marketing purposes unless express written permission is obtained from the patient.

### **Contraindications**

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. Kybella® treatments are not recommended for such individuals. Kybella® treatments are not recommended for those with medical conditions in the neck area including, but not limited to, difficulty swallowing, those that are planning to have cosmetic surgical treatments in the neck or face area such as a facelift or neck lift, those with an enlarged thyroid gland (thyromegaly), or those with a bleeding disorder.

