



Patient Education:

Kybella

Kybella is an FDA-approved, injectable treatment that uses deoxycholic acid to reduce submental fullness, commonly known as a "double chin". It works by destroying fat cells under the chin, which are then naturally eliminated by the body.

Before your appointment

Before a Kybella treatment, it's important to avoid certain substances to minimize potential side effects like bruising and swelling. You should abstain from alcohol, smoking, and blood-thinning medications such as aspirin, ibuprofen, and certain supplements like vitamin E and fish oil. Additionally, avoid topical products like retinoids and harsh exfoliants for 1 week prior to the procedure.

If you develop a cold/flu or an infection, blemish, or rash in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.

You cannot receive this treatment if you have been treated with Accutane within the last 12 months. Postpone your treatment if you have received a facial treatment(s) like Botox, chemical peel, dermal fillers, or laser treatment, etc. in the last 2 weeks.

The day of your appointment

Come to the appointment with a clean face, no makeup, moisturizer, or other products. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.

You can expect a relatively quick procedure (less than 30 minutes) where the injection sites will be marked and Kybella will be administered via a series of small injections under your chin. You might experience some discomfort during the injections, but this can be minimized with a topical anesthetic or ice.

You will experience swelling and bruising for 3-5 days post treatment, which will begin decreasing over a period of a few weeks. Swelling can last 4-6 weeks.



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Many patients need 2-3 treatments for desired results, please schedule a follow-up appointment 4-6 weeks after your first treatment.

Ice packs may be used to the treated area during the first 12 hours. Ice for 20 minutes with 20 minutes break. However, icing should be discontinued if uncomfortable.

Do NOT massage the injection site. Swelling, tenderness, bruising, numbness, and areas of firm nodules may occur and will resolve over time without intervention. Results are not immediate. Results may be seen as early as 4-6 weeks post-treatment, but full results will not be achieved until 12 weeks post-treatment. Numbness can last up to 12 weeks.

After your appointment

DO NOT touch, press, rub, massage, or manipulate the treatment area.

Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.

You may apply (over the counter) arnica gel to the treatment area to help decrease the bruising, swelling, and discomfort after the first 4 hours.

If necessary, take (over the counter) Tylenol and/or pain reliever per label instructions to decrease post treatment discomfort.

Sleep on your back and with your head elevated for the next 3-5 days after the treatment.

Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.

Avoid Aspirin (unless prescribed), Motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment. These medications and supplements may increase bruising and swelling.

Avoid alcohol, caffeine, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.

Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials, microneedling or dermaplaning to the Kybella™ treatment area until approved by your Cheeky provider.



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For any questions or concerns, please contact us at 907-252-3198 or on our Boulevard messaging portal.