



Single Chins Are In!

New injectable Kybella™ reduces chin fat

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People who are frustrated by their “double chins” have spent their whole life trying to position their heads correctly when there is a camera around. Somehow, at their happiest moments, their little extra chin peeps out from underneath and sabotages the photographic memory. The solutions for a double chin up until now have been liposuction and surgical lift. A good many individuals, though irritated by their tablespoon or more of offensive fat, are not irritated enough to opt for an invasive procedure. Men, especially, who have had no other cosmetic concerns are showing a strong interest in a noninvasive way of reducing what we call submental fullness. Kybella (deoxycholic acid) is a noninvasive injectable just recently FDA approved for the reduction of fat under the chin, or “double chin.”

Double chin, per se, is not an aging problem but is instead related to genetics. Fit, youthful people will find this familial feature apparent early on. If this tendency exists, then over time, the body stores additional fat in the area, resulting in a more prominent problem. It is easiest to address the fullness when it is relatively small, since there are a finite number of fat cells — they are simply expansive. Having said that, the submental fat can be reduced at any age using Kybella, with little risk of residual loose skin.

The Kybella injection, also known as ATX-101, is an FDA-approved injectable that contours and improves the appearance of submental fullness due to fat. It is a liquid that opens and damages fat cells in a controlled way. It is a synthetic version of a bile salt that our body naturally produces and uses to break down dietary fat. Kybella is injected carefully with a full understanding of the anatomical landmarks. With each set of injections, there is reduction in the fat cells, and the reduction that is achieved is permanent.

In FDA studies, over 2,600 patients were treated at 20 different sites. Excellent satisfaction rates were reported with minimal side effects. Swelling and a bit of numbness was a given and bruising was possible. Beyond that, temporary asymmetry of the smile was very rarely reported. No long-term side effects were reported. In general, it is a safe procedure.

Historically, “strong chin” was a term used to define boxers and other tough men who could take a punch. Now, a strong chin is one of the features we use to define an attractive man. It is a sign predictive of success, according to some studies. Regardless, both men and women love to be free of excess fat in the submental area, as it gives them a more defined look. It is apparent that in some cases, being single is best, and that is definitely true when it comes to chins! Now, there is an

exciting new way to reduce the “double chin” without surgery. A series of Kybella treatments (2 to 6) provides permanent reduction of fat cells. With artful use of injectables such as Voluma, Juvederm to add volume and now Kybella to strategically subtract volume, we can truly sculpt and rejuvenate the face. ■

The statements in this article are for general informational purposes only and do not substitute for individual medical advice.

