

# NORTH METRO DERMATOLOGY

## **KYBELLA® CONSENT AND INSTRUCTIONS**

### **Proposed Treatment**

Injecting Kybella® (deoxycholic acid) to improve the appearance of submental fullness associated with submental fat below the chin (aka "double chin).

### **Anticipated Benefits and Limitations**

Results are not immediate and a series of 2-4 treatments may be necessary to achieve optimal improvement. Results are generally observed over the course of 4 weeks following treatment while fat cells gradually diminish. Treatments are generally repeated 4-6 weeks apart; separate charges apply for all subsequent treatments.

### **Possible Contraindications**

- Pregnancy and nursing
- Difficulty swallowing
- Recent injury or infection near desired treatment area

### **Risks**

Anticipated side effects include: swelling, numbness, induration (hardness), tenderness, and bruising. Stinging and discomfort during injection generally resolves within 10-15 minutes. Swelling usually improves within a few days, though numbness and induration may take several weeks to resolve.

Less common side effects include: asymmetry (unevenness), dysphagia (difficulty swallowing), tissue necrosis, nerve injury, discoloration, alopecia at the site of injection, tingling, nodule, itching, skin tightness, and headache.

The theoretical risk of unknown complications also exists, as well as lack of achieving anticipated benefits. It is important to tell your provider about all past and present medical conditions as certain conditions or medications may contraindicate treatment or increase treatment risks.

### **Pre-Treatment Instructions**

- 10 days before treatment, avoid the following medications and supplements that may increase the risk of bruising:  
Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Excedrin (all OTC pain pills except Tylenol), Vitamin E, Multi-Vitamin, Gingko Biloba, Omega-3 Fatty Acids, Cod Liver Oil, Fish Oil, Flax Oil, CoQ10, Garlic and Ginger
- If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox, Aspirin), do not discontinue without first consulting with the prescribing physician. The chance of developing an injection-related hematoma (blood clot) is higher when taking these medications.
- Do not drink alcohol within 48 hours before treatment as this may also increase the risk of bruising.

**continued →**

**Post-Treatment Instructions**

- Apply ice packs or cool compresses to reduce swelling.
- Make-up can be worn immediately following treatment.
- It is important to contact our office immediately if pain is moderate in severity and/or if mild pain persists. You should also contact our office if observing a change in skin color or other complications. If seeking medical attention elsewhere, be sure to specify injection sites and product (this is important even if problems seem unrelated and occur several days following injections).

**By signing below, I acknowledge that I have read this form and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent dermal filler treatments. I hereby release North Metro Dermatology from all liabilities associated with this procedure.**

**Patient Name (print): \_\_\_\_\_ Date: \_\_\_\_\_**

**Patient Signature: \_\_\_\_\_**