



FAT-BUSTING INJECTIONS Under Scrutiny

DR ANUSHKA REDDY takes a candid look at the recently FDA approved injectable for dissolving chin fat.

Before botulinum toxin, people who wanted to look younger had only one pretty drastic option - going under the knife. Now-days however, thanks to the many lasers and injectables being offered on the market today, patients can walk into a doctor's office on their lunch break and see a difference on their way out. As a result, invasive surgical procedures like facelifts are less popular (128,000 facelifts procedures in 2014) while wrinkle-reducing injectables keeps going up (6.7 million procedures in 2014).

Now, FDA has recently approved a new injectable called Kybella which dissolves fat under the chin, so you can expect to see the same shift in how people tackle their double chins. It's the biggest thing to hit the beauty industry since botulinum toxin, and with even Millennials experiencing sagging jowls thanks to their "tech neck," it is primed to be a hit.

Before Kybella, the only options for getting rid of chin fat were to have liposuction, laser liposuction, or a surgical neck lift - all of which require significant down time. With Kybella however, patients will be able to have a non-invasive option that is done over the course of several minutes in their doctor's office.

Kybella, manufactured by the drug company Kythera Biopharmaceuticals (and which has now been acquired by Allergan, the company that owns BOTOX®) is a form of the naturally occurring deoxycholic acid. It's injected into the body, where it penetrates fat cells and attacks their outer membranes, causing them to burst. Yet according to the FDA, it can also destroy other kinds of cells (including skin cells) if not used correctly. The FDA also states that patients will need a series of 12-20 injections per visit

(where you can receive up to 50 injections per session), though it emphasizes they should be administered by

a "licensed health care professional" - and with a cap of six sessions that are at least one month apart. Many people saw results in two to four treatments, according to Kythera.

To apply Kybella, a doctor creates a grid of dots targeting the fat under the chin and then does multiple injections in one session. Patients may experience a heavy waddle the next day that will last up to a week as the fat melts away. After a few weeks, patients will start to see a change. Kythera says patients who finish treatment won't need more to maintain results.

The injections take about five minutes in total and need just a few days to heal. But they're not for everyone: Side effects may include bruising, pain, swelling, numbness, and even a few short-lived swallowing episodes. There is also a concern that people will start to use it for other areas of the face, or for larger volumes of fat in other areas eg. the buttocks or stomach.

The price of Kybella is in line with other injectable procedures, meaning expect to pay several thousand rand.

Before approving the drug, the FDA looked at the results of two U.S. trials that included more than 1,000 people. Those who got the drug more often saw less fat under the chin. More than 80% of those getting the drug said they noticed some improvement in their chin fat, the company says. [A2](#)



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