

CONSENT FOR KYBELLA INJECTION

Kybella is an FDA approved cosmetic injection indicated for improvement in the appearance of submental fullness associated with submental fat in adults.

The results of Kybella are not immediate. At your first treatment visit you will receive a series of injections in the submental area. At the time of injection and for several days following the injections you will have swelling in the submental area. Kybella will cause the fat cells to diminish gradually over the course of the next month following your injection in the treated area. A series of treatments may be necessary to achieve optimal results and these will occur at no sooner than the one month interval. Your doctor will decide the appropriate number of treatment sessions and the amount of Kybella you will need at each session.

Side Effects:

Side effects of Kybella may include: bruising, swelling, numbness, induration, marginal mandibular nerve injury, dysphagia (difficulty swallowing), bleeding, tenderness or discomfort, tissue necrosis, hyperpigmentation, redness, or alopecia at the site of injection.

Alopecia:

Kybella injections could cause small patches of alopecia in the treatment area.

Pre-Instructions:

You should not be pregnant, nursing an infant, have a history of a bleeding disorder or infection of the area to be treated. Also, you should tell your physician if you take any blood thinners or aspirin or have a history of any issue with lidocaine or epinephrine.

Post Care Instructions:

- Ice packs may be used to the treated area if needed during the first 12 hours – ice for 10-15 minutes on the hour
- Do not massage the injection site.
- If needed, and are able to tolerate, you may take ibuprofen.
- Avoid heavy exercise the day of your treatment.
- Notify Dr. James' office if any significant, swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever occurs.

Alternatives:

As explained not all submental fullness will respond to Kybella. Other alternative treatments are liposuction to the area, a neck lift and/or platysmoplasty procedures.

I CONSENT TO THE TREATMENT OF KYBELLA INJECTIONS AND I HAVE READ THE ABOVE LISTED ITEMS. I AM SATISFIED WITH THE INFORMED CONSENT PROCESS.

Patient or Person Authorized to Sign for Patient

Date

Witness

Date

KYBELLA INSTRUCTIONS

Before Procedure:

- Stop aspirin or baby aspirin 7 days prior to procedure.
- Stop any NSAIDS (ibuprofen, Motrin, Aleve, etc.) 4 days prior to procedure.
- do not take any fish oil, vitamin E, or any other supplements that are not needed for 7 days prior to the procedure.
- Discuss all other medications with the physician prior to the procedure. Unless otherwise discussed, please take your normal medications as prescribed by your doctor.
- Begin Arnica 2 days prior to procedure and continue for a total of 5 days (2 days prior to procedure, the day of procedure and two days after). Dissolve 5 tablets on tongue three times a day. This can be purchased at any healthy food store.
- begin eating 1 cup of fresh pineapple two days prior to the procedure and continue for a total of four days .

Day of Procedure:

- Come to the office without makeup.
- Do not skip meals before the procedure! Make sure your body is well fed!
- We will provide you with ice packs to use prior to and after the procedure.

Post Care Instructions:

- Ice packs may be used to the treated area if needed during the first 12 hours – ice for 10-15 minutes on the hour
- Do not massage the injection site.
- If you are experience pain, you may take ibuprofen.
- Avoid heavy exercise the day of your treatment.
- Notify Dr. James' office if any significant, swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever occurs.