

## Get rid of double chin

Arriving in Puerto Rico a product that permanently removes fat from the chin area.

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Photographs: Teresa Canino

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Last week a new injectable called Kybella, developed to remove the fat in the submental area, better known as double chin, started being used by selected physicians in Puerto Rico and the United States.

Dr. Montes uses tiny colored dots as a guide to inject the area in an organized manner. In April, by a unanimous vote, the Food and Drug Administration (FDA) approved the use of this drug, the first in the industry that fulfills the purpose of improving the appearance of the chin area.

"There are only a few centers that have started using it and Puerto Rico is the only location outside the United States. In addition, Kybella's creator, Kythera, chose Puerto Rico as an emerging training center. In the coming months Canada and Brazil will be joining", explains the oculoplastic surgeon Montes. Montes is the only trainer certified by Kythera outside the United States, qualified to teach other physicians how the product should be injected.

"In order to safeguard results, the company decided it will not sell the product to anyone who is not certified by a 'trainer' like me," Montes said.

### GOODBYE DOUBLE CHIN.

Kybella is made based on deoxycholic acid, a substance produced by the human organism—specifically in the intestine—to dissolve fat. After 10 years of studies and research, Kythera makes this product available to physicians. It contains synthetic deoxycholic acid which, when injected directly in the problem area, has the ability to break fat accumulation. Kybella is the first injectable product formulated to remove fat from the chin area.

Candidates for Kybella injections must be women and men with a double chin, described as moderate, because the cost of this medication is lower than a surgery in the area. In the event of severe fat accumulation, the person will need additional injections and the cost would be too high.

"Double chin, which occurs in young people; it has nothing to do with age. People appear older because they have little definition in the jaw area. The physician should assess the patient and decide whether the patient is a good candidate", says Montes.

If the person has platysma bands, which fall vertically on the neck, the patient should be advised that when eliminating the fat, these may be exposed, but that they can be rectified later using Botox.

People suffering from autoimmune conditions or are undergoing strong anti-inflammatory treatments, may experience a lesser outcome because the drug that they use for their condition decreases the effects of the medication to remove fat.

## Easy Application

When Dr. José Raúl Montes is assessing a patient interested in Kybella, he squeezes and pulls the chin area, allowing him to have an idea the degree of elasticity in the skin.

The area is then marked to protect it and to set a specific anatomical zone wherein there is fat at submental level.

"Before injecting it is necessary to feel the thyroid, salivary glands and ensure there are no nodules. It is also necessary to check that the person has a symmetrical smile, because if you touch the marginal mandibular nerve, it can get damaged and complicate the procedure. It is important that the patient be symmetric, ensuring that the lower part of the face is in top condition, and the motor function working," said the doctor.

A professional injecting has to be concentrated in the area. For a smoother process, Montes places small red, blue and black colored dots that serve as a guide to inject the area in an organized manner.

An anesthetic is injected into the patient's area, avoiding any discomfort while Kybella is being applied. Several hours later, the patient will experience swelling in the area because the product creates an inflammatory response through

which fat cells are eliminated. Swelling depends on the patient and how much product is injected. This may last two to three days, states Montes.

"An average of two to three treatments are done, a month apart. The patient will see the results in about a month after the last treatment and it is permanent," says the doctor.

The cost of treatment can range from \$ 1,200 to \$3,000.



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