



KYBELLA®

AFTERCARE & CONSENT FORM

Procedural Description

Kybella® is the first and only FDA-approved non-surgical solution for removing fat under the chin. The active ingredient in Kybella® is synthetic deoxycholic acid, which works at a cellular level to break down fat cells and permanently eliminate them. Kybella® works by destroying the fat cells in the treatment area. Once the cells are destroyed, they will not return. The deoxycholic acid used in Kybella® is synthetic and is safely produced in a laboratory environment. When the acid is injected into the treatment area, it breaks down the cell membrane and destroys the fat cells. The body then metabolizes these cells and eliminates them through natural processes. This leaves the patient with a more defined profile and reduces the appearance of the double chin.

Before Your Treatment

- Do NOT use the following products 2 days prior or 2 days after your treatment (or until pinkness has subsided): RetinA, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products, or bleaching creams (unless instructed otherwise by your provider).
- Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
- Do not apply any creams, lotions, perfume or makeup, etc. to the treatment areas prior to being treated.
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.
- Schedule your Kybella® appointment at least 2-4 weeks prior to a special event which you may be attending, such as a wedding or a vacation (due to bruising and prolonged swelling).
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore, or blemish in the treatment area.
- Avoid anti-inflammatory/blood thinning medications 10-14 days prior and 3-4 days post-treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do NOT consume alcoholic beverages 1 week prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Consider taking Arnica tablets beginning 1 week prior to injections to prevent bruising and reduce swelling.

What to Expect During Treatment

- You will experience swelling and bruising for 3-5 days post-treatment, which will begin decreasing over a period of a few weeks. Swelling can last 4-6 weeks.
- Many patients need 2-3 treatments for desired results, please schedule a follow-up appointment 4-6 weeks after your first treatment.
- Ice packs may be used in the treated area during the first 12 hours. Ice for 15 minutes every hour. However, icing can be discontinued if uncomfortable.
- Do NOT massage the injection site. Swelling, tenderness, bruising, numbness, and areas of firm nodules may occur and will resolve over time without intervention. Results are not immediate. Results may be seen as early as 4-6 weeks post-treatment, but full results will not be noticed until 12 weeks post-treatment. Numbness can last up to 12 weeks.
- Do not wrap the treated area, and do not take anything to prohibit swelling on the day of the treatment or the days following treatment.
- You may feel a sense of heaviness following the treatment, especially when laying on your back. This sensation may make you feel short of breath. However, Kybella® does not compromise your airway. Notify our office if any significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or if a fever occurs.

Post-Treatment Instructions

- Apply ice every hour for at least 15 min. You may apply it for 5 min intervals with 10 min breaks, but avoid prolonged icing to avoid frostbite.
- Avoid massaging or manipulating the swelling area.
- You can take either 2 pills of Extra Strength Tylenol or 3-4 pills of over-the-counter Ibuprofen if significant discomfort develops.
- Wear a tight head wrap around your neck/chin area. You may go to sleep wearing it.
- Sleep with your head slightly elevated, preferably on 2-3 pillows for 2-3 nights.
- You may shower and wash your face as you regularly do.
- You may apply moisturizer or sunscreen to the treatment area the next day.
- You may apply Arnica gel if you develop any bruising to expedite the healing process.
- Avoid any gym activity for 3 days as exercise is known to worsen swelling.
- It is absolutely normal to feel and see mild to moderate swelling, numbness, hardness to touch, tingling, redness, and tenderness at the site of injections. You may occasionally see bruising or small bleeding that should resolve voluntarily.
- Some men might see an area of no hair growth after the Kybella injection, which is temporary and will return to normal in 4-6 weeks.
- Most swelling happens immediately and the following day after treatment and will start improving by day 5.

Kybella® Consent Form

The nature of the Kybella® has been explained to me. I understand that just as there may be benefits from the treatment, all treatments involve risk to some degree. There are risks of using Kybella®. Every cosmetic procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a cosmetic procedure is based on the comparison of the risk to the potential benefit. Although the majority of patients do not experience complications, you should discuss each risk with your provider or affiliated medical personnel. I understand that the following are among the expected side effects of the Kybella® Treatment:

Discomfort:

Most people will feel some discomfort (pain) associated with the treatment. This discomfort is usually temporary but may persist for a few days.

Bruising and Swelling:

Bruising is common after injectables. Kybella® injections commonly cause swelling, bruising, pain, numbness, redness and areas of hardness in the treatment area. You may experience short-lasting pinkness or redness from the flushing of the skin. You may have bruises within a week or more of having any injectables, so time your treatments with your schedule accordingly. You may be asked to take medication to reduce or prevent bruising such as Arnica Montana. Contact our office if bruising lasts longer than a week or anytime if you are concerned.

Irritations:

Kybella® injections can cause tingling, swelling, itching, skin tightness, and headache. These side effects typically resolve without treatment and do not commonly result in patients discontinuing treatment.

Nerve Injury:

Although unlikely, Kybella® injections could cause nerve injury in the area of the jaw resulting in an uneven smile or facial muscle weakness. In the clinical trials, these all resolved without treatment in an average of six weeks. Tell your provider if you develop signs of marginal mandibular nerve paresis (e.g., asymmetric smile, facial muscle weakness), difficulty swallowing, or if any existing symptom worsens.

Swallowing:

Although unlikely, Kybella® injections can temporarily cause trouble with swallowing. Tell your provider if you have had a history of troubled swallowing before your treatment. If you experience any problems swallowing after your treatment notify your provider immediately.

Skin Ulceration:

Although unlikely, Kybella® injections could cause superficial skin erosions.

Alopecia:

Although unlikely, Kybella® injections could cause small patches of alopecia (hair loss) in the treatment area. The hair on a man's beard can potentially experience patches of hair loss that may be permanent.

Bleeding:

It is possible to experience a bleeding episode during or after injections. Should post-procedure bleeding occur, it may require emergency treatment to drain accumulated blood (hematoma). Ask your provider before taking any aspirin or anti-inflammatory medications for ten days before your procedure, as this may contribute to a greater risk of bleeding.

Blindness:

Although extremely rare, aesthetic injectables can cause permanent blindness by blocking the blood supply to the eye. The highest risk areas are around the glabella (the skin between the eyebrows and above the nose), nasal region, nasolabial fold, and forehead. The most common symptoms are immediate vision loss and pain. Central nervous system complications related to blindness can occur.

Damage to Deeper Structures:

Deeper structures such as nerves, blood vessels, and muscles, may be damaged during treatment with aesthetic injectables. The potential for this to occur varies according to where the treatment is being performed. Injuries to deeper structures may be temporary or permanent.

Infection:

Infection is possible but not common after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a past history of cold sores and individuals with no known history. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

Allergic Reactions:

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. Systemic reactions are rare.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Kybella®: allergic reactions, tingling swelling, itching, nerve injury, infection, allergic reaction, skin tightness, headache, lack of permanent results or unsatisfactory results, and need for further procedures.
- I understand what my medical provider can and cannot do, and understand there are no warranties or guarantees, implied or specific about my outcome. I have had the opportunity to explain my goals and understand which desired outcomes are realistic and which are not. All of my questions have been answered, and I understand the inherent (specific) risks to the procedures I seek, as well as those additional risks and complications, benefits, and alternatives. Understanding all of this, I elect to proceed.
- I understand that multiple treatments are necessary to achieve desired results.
- I have read and understand the Pre- and Post-Treatment Instructions. I agree to follow these instructions carefully. I understand that compliance with recommended pre- and post-procedure guidelines is crucial for healing, and prevention of side effects and complications as listed above.
- Financial Responsibilities – This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. No refunds will be given for treatments received.

For women of childbearing age: By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM. I HAVE BEEN GIVEN THE OPPORTUNITY TO HAVE ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
