

## Cost of therapy?

Cosmetic Consultation: \$75

## Kybella®

(deoxycholic acid)

[www.mykybella.com](http://www.mykybella.com)

**-one 2ml vial:\$675**

\*\* 1 vial session

**-two 2ml vials:\$1,250**

\*2 vials are typically used in a single session unless only mild deficit

\*Repeat monthly or bi-monthly until desired effect\*

### **PAIN OR DISCOMFORT: RECOMMEND**

APPLY Lidocaine 4%/4ounces OTC or  
RX:Lidocaine 5%/50gm or RX:EMLA  
30gm

START 30 minutes before therapy every  
10 minutes \*all on [www.goodrx.com](http://www.goodrx.com) \*

\*Please let us know if you want us to call one of these in for your comfort\*

## **VENUS LEGACY®**

**Neck:** Skin Tightening/Anti-aging

**\*5 SESSIONS Pack: \$1,500 total**

**\*8 SESSIONS Pack :\$2,100 total**

**single session: \$375/session**

Recommended 5 - 8 sessions

one week apart or more

FOR BEST RESULTS: ROTATION OF

KYBELLA WITH VENUS LEGACY IS

ADVISED WITH AT LEAST A MONTH

BETWEEN THE DIFFERENT THERAPIES.

[www.venusconcept.com/en-nl/products/venus-legacy](http://www.venusconcept.com/en-nl/products/venus-legacy)

[www.venustreatments.com/venus-legacy](http://www.venustreatments.com/venus-legacy)

<https://twitter.com/venuslegacy>

Likely the best approach is to rotate Kybella 2 vials monthly with 5 sessions of Venus Legacy and repeat cycle if necessary.

\*This would typically be done for patients with a pendulous neck. Marked / dramatic correction needed especially lateral neck. \*

## **TRUSCUPLT ID®**

<https://cutera.com/trusculptid>

<https://trusculpt.com>

Advantages of TRUSCULPT ID

-only mild treatment swelling

-no bruising -no downtime

-no nodules -no paresthesia

**16cm small hand piece** (pad area)

*Small area one pad: \$750 for 3 sessions of 5 minutes each (typical protocol)*

\*\*\*typically used on the neck\*\*\* some patients will need more than one hand piece section.

**Large neck area: 3 pads**

*(package of 3 sites 16cm small hand piece/typical neck): 3 sites of 5 minutes x 3 sites for a total of 15 minutes x 3 sessions): \$2,100*

<https://trusculpt.com/fat-reduction>

## **KYBELLA**

### **MICRO DROPLET TECHNIQUE**

Off -Label approach to treat jawline. Have to be conservative in approach as marginal mandibular nerve location. This can help give lift to chin and cheek.

**Greater Des Moines Dermatology**

**2424, 128<sup>th</sup> st, Urbandale, Iowa 50323**

**Phone515-243-8676 Fax515 243-0487**

[www.greaterdesmoinesdermatology.com](http://www.greaterdesmoinesdermatology.com)

like us: on facebook [www.healthgrades.com](http://www.healthgrades.com)

[www.vitals.com](http://www.vitals.com) [www.realself.com](http://www.realself.com)



Instagram

gdmdermatology



twitter

# **KYBELLA**

®

**(DEOXYCHOLIC ACID)**

[www.mykybella.com](http://www.mykybella.com)

## **THERAPY FOR** **SUBMENTAL CHIN &** **NECK FAT**

**and**

**OFF - LABEL**

**MICRODROPLET**

**JAWLINE THERAPY**

**Other Options:**

**1 TRUSCULPT ID**

<https://trusculpt.com>

**2 Venus Legacy**

[www.venustreatments.com/en-gl/venus-legacy.html](http://www.venustreatments.com/en-gl/venus-legacy.html)

# **GDMD**

Greater Des Moines Dermatology

Timothy Abrahamson, MD 8/2021  
Jake Lorsung PA-C

## Introduction

Greater Des Moines Dermatology offers Kybella® for submental fullness. Deoxycholic acid is a naturally bile acid. It causes a non-specific inflammatory reaction which has a particular impact on fat/adipose. Death of fat cells will occur with injection but the inflammation will affect other subcutaneous tissues. This likely contributes to skin contraction.

-KYBELLA® is the first and only FDA-approved injectable drug that contours and improves the appearance of submental fullness.

-The number of injections and the number of treatments should be tailored to the individual patient's submental fat distribution and treatment goals.

--KYBELLA® is supplied in a pack of 4 single patient use 2 mL vials. KYBELLA®

The initial protocol spaced sessions out at one month intervals. Current thought is that spacing could be longer, as some inflammatory response is still present at one month. This is administered by subcutaneous injections into submental fat in approximately 0.2 mL per injection spaced 1 cm apart using a 30G or smaller needle.

-Generally, two vials are used at a session. When injected, destruction of fat cells occurs.

While Kybella® has an affinity to fat, the tightening may also be due to the global inflammatory response to the region treated.

-This is a non-human and non-animal form of deoxycholic acid. In the intestine, deoxycholic acid aids in breakdown in dietary fat.

-Avoiding injection near nerves is advised. It is also not to be used for salivary glands, lymph nodes, muscle, or other nerves. Marginal mandibular nerve injury occurred in 4% of patients in original trials.

\*\*OFF LABELLY, micro injection on the jawline has been done but neuropathy a higher

risk in this area so micro droplet technique advised.\*\*

### Safety

Generally, Kybella® was well tolerated and side effects were temporary.

### Common side effects:

**Initial:** Stinging or burning for 20 minutes after injections

**Delayed:** In studies, tingling could occur for 2 weeks post treatment.

-Temporary dysphagia (swallowing issues) were reported in 2% of trial patients.

-Edema/swelling (expected), hematoma/bruising (72%), pain, numbness, erythema/redness, and induration have been reported.

-Swelling and edema is expected for a week after therapy.

### Other Adverse Reactions

Injection Site: 96%, Edema 87%, Hematoma 72%, pain 70%, Numbness 66%, Erythema 27%, Induration 23%, Paresthesia 14%, Nodule 13%, Pruritus 12%, Skin Tightness 5%, Headache 8%, Oropharyngeal pain 3%

## Combination Therapy #1 VENUS LEGACY

Kybella® can be used in concert with the **VENUS LEGACY®**. The **VENUS LEGACY®** likely induces better skin tightening but Kybella® kills more fat cells. This is why the dual approach maximizes outcome for patients with pendulous necks.

-If doing both therapies, typically using the **VENUS LEGACY®** after 2-4 vials of **KYBELLA®** is a nice way to get dual benefit. This is especially for someone with a pendulous lateral neck. A patient

with severe family history of neck fat deposition, laxity and delayed decision to treat is a dual therapy candidate.

\*Recommend rotation every 1-2 month between Kybella and Venus Legacy until goal reached by the patient.\*

## COMBINATION THERAPY #2 TRUSCULPT ID

<https://trusculpt.com/fat-reduction>

TRUSCULPT ID can be done in place of Kybella or in rotation with Kybella.

-TRUSCULPT ID does not have many of the expected side effects of Kybella including much less swelling, bruising, delayed paresthesia/pain, and nodularity.

-Recommend TRUSCULPT ID with follow up with Kybella to areas difficult to treat with TRUSCULPT ID or to facilitate tightening from two different approaches.

The logic is to reduce the neck fat volume and have some tightening with TRUSCULPT ID with touching up sites with Kybella or in areas where TRUSCULPT ID cannot go such as the jawline. (micro droplet protocol for Kybella jawline)

-Both TRUSCULPT ID and KYBELLA offer destruction of fat and skin tightening and are both excellent options together or as single protocol therapy.

-Trusculpt ID, Kybella, and Venus Legacy all help tighten the skin but in different ways. Trusculpt ID and Kybella kill more fat than the Venus Legacy.