

## CONSENT FOR KYBELLA® INJECTION (Deoxycholic Acid) and Post Instructions

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 provider 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. The morning of your treatment you should take ibuprofen if you are able to tolerate this medication. Also, you should tell you 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 during the first 12 hours – ice for 15 minutes on every hour
- Do not massage the injection site
- If you are able to tolerate ibuprofen take 200mg three times daily beginning the day of your treatment and for the following four days
- Avoid heavy exercise the day of your treatment
- Notify the office if any significant, swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever occurs during business hours or seek emergency medical treatment after business hours.

### **Alternatives:**

As explained not all submental fullness will respond to Kybella®. Other alternative treatments are liposuction to the area, CoolSculpting, a neck lift and/or platysmoplasty procedures or no intervention.

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I hereby authorize Nikki Rasmussen, APRN or delegated staff as may be selected to perform the following procedure or treatment. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained. It has been explained to me in a way that I understand:

- A: The above treatment or procedure to be undertaken.
- B. There may be alternative procedures or methods of treatment.
- C. There are risks to the procedure or treatment proposed.

I certify that I have read all the pages of this document and give my consent for Kybella® injection.

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Patient signature/date

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Print patient name

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Witness Signature/date

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Print Witness Name