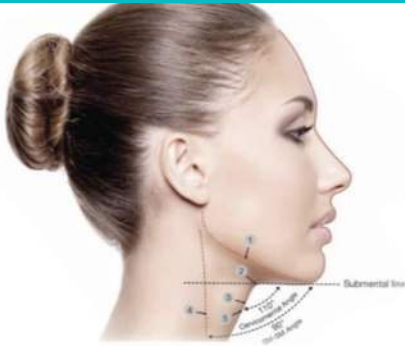


## WHAT IS A “DOUBLE CHIN”?



A person is thought to have an attractive facial profile when they possess a well defined jawline and chin, with a certain well-defined angle between the chin and the neck. A “Double Chin”, or increased Submental (below the chin) Fullness, is a term used to describe an enlarged, overdeveloped area beneath the chin, which makes the definition of the jawline, neck and chin more diffuse and can be unsightly.

The condition can be the result of several things and it is vital that you consult your Dentist, who may need to perform various tests and take x-rays, to determine the nature of your Submental Fullness before undergoing any treatment.

### Causes of Submental Fullness can include:

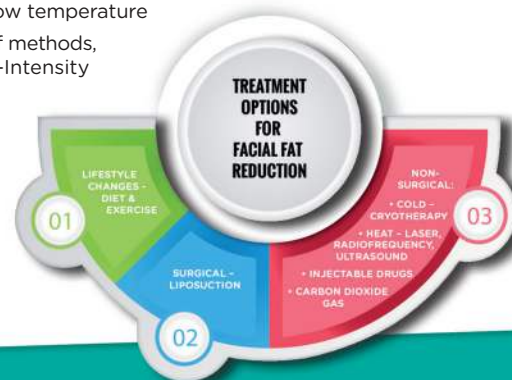
- A problem with the alignment and relationship of the teeth and jaws to one another – usually an under-developed lower jaw (Class II malocclusion)
- Thyromegaly – an abnormal overgrowth of Thyroid gland caused by a variety of conditions, including an Iodine deficiency (Goitre)
- Swelling of the lymph nodes in the neck due to infection, disease or malignancy
- General skin deterioration & ageing, resulting in excess skin laxity beneath the chin
- Excess fat deposits resulting from age, being overweight or genetic predisposition – this is the most common cause of a Double Chin

## HOW CAN SUBMENTAL FULLNESS BE TREATED?

There are several options to consider for the treatment of your Double Chin and these should be discussed in consultation with your Dentist as they are the only people qualified to assess all aspects of Submental Fullness and help you determine the most appropriate choice for your individual circumstances. Assuming that your Double Chin is the result of excess fat deposits beneath the chin (which most are), available treatment options address different aspects of the condition and they vary in cost, complexity and the expected results, including how long they last and potential complications. These options include:

- Lifestyle changes – improved diet & exercise – these must be employed in addition to any other therapies undertaken
- Surgical Liposuction
- Cryolipolysis – freezing of fat using extremely low temperature
- Thermolipolysis – heating of fat using a variety of methods, including LASER, Radiofrequency (RF) & High-Intensity
- Focused Ultrasound (HIFU)
- Injection Lipolysis – injectable fat dissolving medications

To achieve the best results in fat reduction for any therapy, a series of treatments may be required and it is best to use a combination approach, combining multiple different therapies, in conjunction with lifestyle changes, to form a multi-pronged approach.



## WHAT IS INJECTION LIPOLYSIS & HOW DOES IT WORK?

Fat is stored in your body in cells called Adipocytes. The number of fat cells an individual has is determined by late adolescence and does not reduce throughout life, (average human body contains between 10 - 30 billion Adipocytes), but they can permanently increase in number if lifestyle habits are poor, (obese people have over 100 billion cells).

As people lose weight, Adipocytes simply shrink in size – like releasing air from a balloon – however the number of fat cells (balloons) never actually reduces. The only way to permanently reduce the number of fat cells and the size of fat deposits around the body is with various medical interventions, such as injections, that are designed to destroy (lyse) and eliminate fat cells from the body altogether, so they can no longer fill up like a fatty balloon.

The use of injectable medication to dissolve fatty Double Chins has been popularized by the introduction and licensing of a new drug called “Belkyra”. However, fat dissolving injections (injection lipolysis) have actually been around for decades and consist of Phosphatidylcholine (PC) and Sodium Deoxycholate (DC) as the active ingredients.

These medications are sterile, pharmaceutical-grade, synthetic versions of naturally occurring components involved in fat metabolism in your body. When these medications are administered to localised excessive fat deposits, like double chins, they cause the permanent destruction of fat cells and thereby a visible reduction in submental fullness. The higher the dose of medication, the greater the reduction of the fat layer.

While the medication is eliminated from your body rapidly, provided proper lifestyle habits are adhered to, the effect will be permanent. This is very different from what happens when you simply lose weight through diet and exercise.



## WHAT CAN I EXPECT DURING THE PROCEDURE & WHAT ELSE CAN BE TREATED?

While injection lipolysis is not a general weight-loss solution for unfit, unhealthy, overweight or obese individuals and it is not a substitute for lifestyle changes, proper diet and exercise, which should be the mainstay of any fat reduction approach, lifestyle changes do have imitations. Diet and exercise are only able to offer generalised fat loss – it is not possible to spot target localised fat deposits in specific locations.



Even healthy individuals, having lost weight through diet & exercise, may still have isolated, resistant pockets of fat and that is the indication for procedures such as injection lipolysis. Ideal “Double Chin” candidates have moderate to severe localized fat deposits in the submental region and otherwise good skin quality.

After assessing your case and diagnosing the need for injection lipolysis treatment, your Dentist will mark and take photographs of the area to be treated. The medication is then administered through a series of small and relatively painless injections.

Treatment time varies depending on the condition and area being treated but generally is between 30-45 minutes, after which you will be able to resume your everyday activities, though there may be some discomfort from swelling for a few weeks.

Aside from double chins, other facial and body areas are able to be treated with lipolysis injections, including the jowls, fatty cheeks and under-eye fat bags.

Copyright AADFA 2019. All Rights Reserved.

The material contained in this document is for general information only. If you are contemplating undergoing the treatment described you should consult a Registered Dentist to receive advice for your individual circumstances.

## WHAT CAN I EXPECT AFTER THE TREATMENT?

Immediately after treatment, the area will start to swell and you may experience this for several weeks, though the extent of this is dependant on the dosage used. Expect the treatment area may be red from the injections and this may last several days. Some bruising, itching, burning and a tightness of the skin are all normal and will subside after a few days.

Mild analgesics like paracetamol can be used if needed, but do not use anti-inflammatories like Ibuprofen. You should apply ice to the treated area in the hours following the procedure.

Do NOT schedule any major events on the day of, or for two weeks following treatment, to allow for any bruising or swelling to subside.

A full list of post-treatment care instructions will be provided by your Dentist in order to minimise potential side effects and maximise results in your individual case. You should schedule a review appointment with your Dentist four weeks after receiving treatment to review results and discuss any further treatment and alternative therapies that may be required. If you experience any issues which concern you, such as a difficulty in swallowing or skin sores, you should contact your Dentist immediately.

As fat dissolves and is eliminated from the body, you may feel hardened, lumpy areas develop - these will resolve within a matter of weeks. Results continue to improve week on week and to achieve the best outcome, it is recommended to have at least 3 treatment sessions, spaced 4-6 weeks apart.

## ARE THERE ANY POTENTIAL PROBLEMS?

The use of fat dissolving injections has been shown to be very reliable and safe, yet all medical and dental procedures have the potential to cause unwanted side effects/complications and you should discuss these with your Dentist.

While problems are rare, the most common issues come from the injection process rather than the medication and can include redness, swelling, itching, bruising, bleeding and skin infection.

Though uncommon, skin pigmentation can become worse and skin sores can develop. Do not undergo treatment if you are pregnant or breast-feeding; if you are allergic to caffeine or soy; or if you have any uncontrolled health conditions. Make sure to mention all medication you are currently taking to your Dentist.

Rarely, patients may experience temporary nerve paralysis which may affect the ability to smile and move the mouth properly. Should this occur, the effects usually resolve within a few weeks. While exceptionally rare, life-threatening allergic reactions are possible.

Rest assured that your Dentist will conduct a thorough review of your health and medical history prior to delivering treatment to ensure that you are safe to undergo therapy and unlikely to encounter problems.



Is Your  
**CHIN**  
Seeing

**DOUBLE ?**



**AADFA**