



Dr. Daniel G. Kuy consulting with Cynthia McDonald at Hyde Park location.

NEW TREATMENT DISSOLVES DOUBLE CHIN

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Photography by Wes Battoclette

Kybella, a non-invasive treatment option, is now available for people with a "double chin."

Daniel Kuy, MD, a board-certified plastic surgeon, knows the product stirs interest. "The double chin is a concern for people," he says. "Some statistics say it's the second most important cosmetic facial concern."

Kybella (deoxycholic acid) is a naturally occurring substance in our bodies, says Dr. Kuy. "If injected, it creates a chemical dissolution of the fatty tissue." The product has been tested and approved for safety by the FDA.

Even though the product has been approved for safety, Dr. Kuy has concerns about its proper use. Because the medication is available to any physician, he suggests interested individuals see a doctor with expertise, such as a plastic surgeon, who can explain the risks and benefits of the procedure.

"The patient who is seeking treatment with Kybella should consider seeing a physician or surgeon who is knowledgeable in alternatives, because it's not something that's going to work every time," he says. "It's subtle, and that's why we need to select patients carefully before treating."

A consultation would be the first step for anyone interested in Kybella. If the procedure is not a good fit, a physician can discuss alternative treatment options. If the procedure is a good fit, it's important that the doctor plan injection sites carefully. "If placed in the wrong area, these injections can cause some damage to the surrounding tissue," Dr. Kuy says.

The procedure itself requires no preparation on the patient's part. The doctor uses Lidocaine to numb the area so the patient is comfortable while the medication is injected into multiple sites. Ice is applied afterward and at home as needed to reduce swelling. "People can return to their normal activities afterwards," Dr. Kuy says. "But they should know the area may be pink with a little swelling and tenderness."

"The area can be a little inflamed for a few days to a couple weeks. During that time, the fat gets gradually dissolved and slowly transported off by the lymphatic system."



Below: Kybella treatment, age 35, four treatment sessions. After photo - 12 weeks after last session

Typically, one or two treatments are needed, but a larger double chin may require three to four treatments. The treatments are administered four to six weeks apart.

“If you want a complete disruption of the fat cells, you have to re-treat what’s left,” he says. “There will be a gradual improvement of the double chin over several weeks.

The important part to understand is when can we just dissolve fat to get results with non-invasive methods or when do we actually need to tighten the skin too,” Dr. Kuy says.

Younger patients are better candidates for Kybella, because they typically have better skin elasticity. Without that, a little skin tightening may be needed after Kybella treatments for a better outcome.

“If the skin remains loose, then a neck lift is the better choice,” Dr., Kuy says.

Other treatment options for the double chin include Coolsculpt, a method of freezing the fat, and another that uses ultrasonic energy to create heat that is destructive to the deep fat layer. Surgical procedures include liposuction and a neck lift. As with any procedure, a qualified physician can help patients decide which treatment is right for them. “I will always advocate the least invasive, most conservative approach that may or may not require surgery,” Dr. Kuy says.

Cynthia McDonald appreciates this approach. “Dr. Kuy gives you what you need because he cares about your best interests,” she says. “He tells you what you need and doesn’t give you anything else.”

McDonald has had several procedures and skin-care treatments at Dr. Kuy’s office, which is newly constructed with patient comfort and convenience in mind. She has been pleased with all her procedures. “He explains everything and makes you feel so comfortable. And he’s gentle when he does procedures, like Botox or fillers.”

Dr. Kuy, who also practices in Switzerland, is often experienced in new technologies and surgical procedures before they are even



Cynthia McDonald receiving Botox treatment from Dr. Kuy.

available in the United States. Along with the latest advances in skin-care products, Dr. Kuy is an expert in facial cosmetic surgery and body contouring. “I will always take the time to do it right, to make the outcome a lasting solution that appears natural.”

That’s another reason McDonald trusts Dr. Kuy. “I don’t want to try and look 25,” she says. “I just want to look good for my age.” McDonald says she just wants to look natural. “And that’s what he does. Everything he does is natural.”

“I’m a very detail-oriented person,” Dr. Kuy says. “Precise results are the goal of every single surgery or treatment I perform.” As a plastic surgeon, he enjoys seeing how happy his patients are after their procedures.

“I feel so great when I leave his office,” McDonald says. “I feel pretty. ❖

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