

# Lipotropic Injections

Lipotropic injections are supplements used for fat loss. They are made from Deoxycholic Acid Solutions. This acid is naturally occurring, produced within the human body by the liver. By using this acid at a higher concentration, it can be injected into specific areas and used to target and destroy fat cells. Deoxycholic acid is a form of a substance your body makes that helps to absorb fats. It works by destroying fat cells where it is injected into the body. Deoxycholic acid is used to help decrease the appearance of fat that hangs below the chin and body area. When injected into the fat beneath your skin, Kybella causes the destruction of fat cells. This is a permanent treatment because once destroyed, those cells cannot store or accumulate fat.

## Lipotropic Injections Pre Treatment

- Please plan your treatment to allow for several days of potential swelling and bruising. Swelling may last up to 4 weeks. Consider a scarf or turtleneck to camouflage when treating the chin, jawline, or cheeks.
- If you've started any antibiotics or other medications since your initial visit, please let us know.
- You cannot be treated if you are pregnant or nursing.
- You may not be treated if you have a history of difficulty swallowing, nerve injury, or weakness in the lower face.
- Inform your medical provider if you are on blood thinners or have had procedures or surgery of your lower face or neck.
- If you have an active cold sore/fever blister, canker sore, shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- Avoiding Advil, Ibuprofen, Aleve, Aspirin, Motrin®, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment to decrease your risk of bruising. Do not stop taking any medications that have been prescribed to you without first discussing with your prescribing medical provider.
- Do inform your Master Provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems.
- Avoid drinking alcoholic beverages 48 hours before treatment to reduce risk of bruising.
- To reduce the risk of bruising, consider taking over the counter Arnica supplements if not contraindicated with your current medication regimen (available online, at most supplement stores, at Oeuvre Infini, Whole Foods, etc.). Start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- Patients actively undergoing chemotherapy or radiation treatment cannot be treated. Patient must be in remission 12 months to be treated.
- Tylenol will not increase the chance of bruising and is preferred for the week prior to treatment. To help with possible discomfort, you may take acetaminophen (i.e., Tylenol) one hour prior to your scheduled appointment. Do not take more than 3000mg of acetaminophen/Tylenol® in a 24-hour period.



# Lipotropic Injections Post Treatment

- You should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last around 7 days, and for some customers may last up to 4 weeks. Some clients will experience numbness for longer than 4 weeks.
- You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 30 seconds on, and 30 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
- Do not participate in strenuous activity for 3 days following treatment.
- Sleeping with your head elevated may help avoid increased swelling.
- Do not scratch, pick, or traumatize the area in any way. Do not massage or manipulate the injection sites.
- You may apply your normal skin care regimen and sunscreen.
- treatments are done in a series
- Call the office if you have any difficulty swallowing, crusting, or scabbing, asymmetry of your smile or any other unusual symptoms