



ADVANCED SPECIALTY CARE, P.C.

Double Chins & How to Get Rid of Them



By Prashant Soni M.D.

Is Your Double Chin Bothering You?

A double chin is one of the earliest signs of facial aging. It is accompanied by jowl formation and deepening of the laugh lines around the mouth. Oftentimes, someone can have a double chin throughout their life, even as a young person. In either case, it's something that most people wish they could easily get rid of.

Fortunately, today there is a way to easily and comfortably eliminate a double chin while in a physician's office.



What Creates a Double Chin?

All double chins are caused by differing degrees of fat accumulation, muscle thickening and skin looseness. Occasionally, an underdeveloped chin bone creates the appearance of a short ,fat neck. Some people may have just one or several of these factors contributing to the problem. No one treatment addresses all of these issues. However, a well-chosen combination of treatments can improve almost everyone's appearance.



Before



After

10 days post-liposuction for double chin and jowls. Done under local anesthetic in office. Patient drove herself home from procedure.

Ways to Permanently Remove Fat From Under The Chin

Spot liposuction

The gold standard for permanently reducing fat accumulation under the chin is spot liposuction. Fat is gently removed through a tiny pinpoint incision, the size of a pencil tip, which is made in the natural crease below the chin. The procedure is generally performed in the cosmetic surgeon's office with local anesthetic taking 15-30 minutes. Most people are comfortable going back to work in one or two days and see dramatic improvement within 10 days. This treatment can improve mild to severe double chins. This is also the best procedure for people who wish to concomitantly reduce their jowls and create a more defined jaw line.

Kybella®

Kybella® is a newly FDA-approved injectable, specifically designed for treatment of small to moderate double chin fat accumulation. Injections are performed just under the skin of the neck. Fat cells in the injected area are stimulated to dissolve slowly. Over a period of five weeks the fat slowly reduces, resulting in a new flatter chin. The procedure is done painlessly with local anesthetic in the surgeon's office, taking only a few minutes to perform. Swelling caused by the stimulation of fat cells is similar in duration to liposuction and no incision is needed at all. It is an excellent treatment for small to moderate fatty double chins. Two to four sessions spaced about five weeks apart are usually needed, depending on the degree of fat accumulation in the area. All areas of the chin and neck can be treated effectively. Unlike liposuction, however, Kybella® cannot treat the jowls and jaw line.

Ways to Permanently Remove Fat From Under The Chin *(continued)*

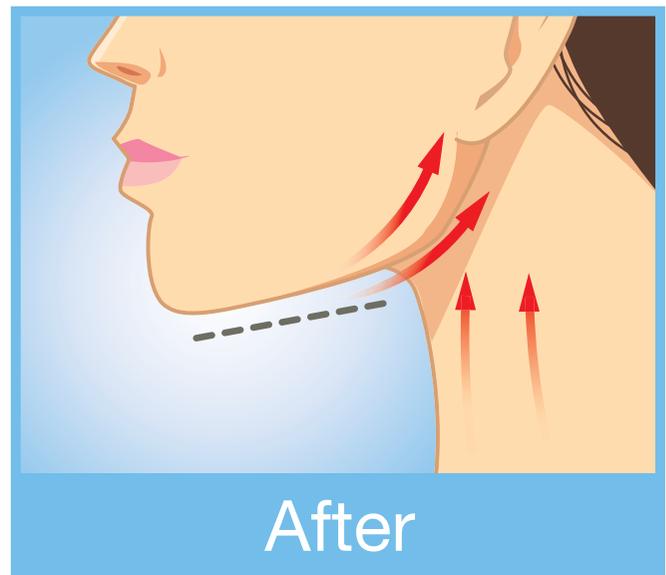
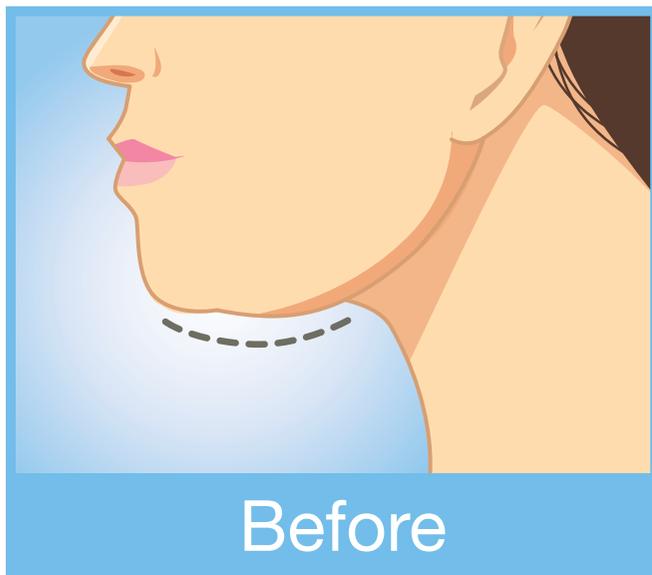
Cooling method

Coosculpt has recently developed a noninvasive cooling device that reduces a double chin without needles or liposuction. This device is applied under the chin and vacuums the skin into a cooling chamber. One hour of freezing is applied to the area. A visible change occurs in one to two sessions, spaced several weeks apart. The swelling lasts approximately about a month, the same time as liposuction. Ironically, this noninvasive technique is the most uncomfortable of the various double chin reduction techniques because the vacuum and freezing of the skin is uncomfortable. Because the procedure cannot be performed with any local anesthetic, people will feel more discomfort than with either liposuction or Kybella. Nerve pain after the procedure is also more common and frequent.

There are some drawbacks that make this technique less useful than either liposuction or Kybella. This method is not as effective for younger people because their skin is often too taut to be adequately suctioned into the device. Another reason this procedure may not work effectively for some people is that the applicator used is a standardized shape and size and cannot be molded to everyone's specific shape and fat distribution. In addition, the inability to blend the treated areas into the adjacent jawline and neck can lead to a shelf appearance.

Reducing Fullness Created by Overdeveloped Neck Muscles

Botox can safely and consistently relax over-tightened neck muscles that cause bulging below the chin. There is no alteration in neck sensation or function with this treatment. Twice a year treatment with Botox to the double chin area by itself, or in conjunction with a permanent fat removal treatment can create smooth neck contour that is easy to maintain for a lifetime.



Treating loose skin

It is important remember that tightening skin will not improve the shape of a double chin unless the underlying fat and muscle issues have been addressed first.

For people younger than 50, the skin naturally shrinks to the new contours of the neck created by liposuction/Kybella and Botox. Older patients with limited areas of residual loose skin may gain further improvement from additional skin tightening techniques after the fat and muscle layers have been treated. Skin of this type can be temporarily improved with laser-type devices such as Ultherapy. This technology uses ultrasound waves to increase the collagen density of the skin, creating a tightening effect. These treatments require several sessions and results take several months to see. These results will then last about a year before additional sessions are needed.

Generally, severely loose skin on the neck in older people is always accompanied by severe muscle thickening and fat accumulation throughout the neck. These people have the classic “turkey neck” appearance and they are best treated with a surgical neck lift. This is described in other ebooks available on the ASC website, www.ascdocs.com



ADVANCED SPECIALTY CARE, P.C.

Advanced Specialty Care is a multi-specialty practice of board-certified physician specialists offering the latest state-of-the-art technologies and techniques – all in a welcoming and caring environment. For 30+ years, we've helped tens of thousands of patients. How can we help you?

Schedule your appointment today.

203-240-3870 • ASCDOCS.com

Norwalk | Danbury | Ridgefield | New Milford | Southbury