

Chins: Seeing Double.

Beware the profile photo taken unaware - gravity is such a cruel and undignified mistress. Surely that can't be a double chin? Maybe you are in denial, valiantly highlighting and contouring with bronzer.

Don't be too hard on yourself. Double chins can be resistant to both diet and exercise, especially if you are genetically predisposed to storing excess fat under your chin. However, dermatologists know that changes in facial shape can be just as ageing as wrinkles and a double chin can drag the whole face down. Until recently the only option was chin liposuction, but the FDA has recently approved a non-surgical fat dissolving injectable called Kybella for reducing moderate fat on the upper neck. This is perfect for younger clients who just need some contouring which can delay the need for surgery.

Kybella injections contain a naturally occurring molecule made in the gall bladder (deoxycholic acid) which helps us break down and absorb fat from our food. The body then expels dissolved fat cells in urine over a few weeks. It is safe, effective and permanent as long as you don't gain a lot of weight. Because the number of fat cells in our body is permanently set by the time we reach puberty, the destroyed fat cells won't be replaced. Most people need at least two treatments, possibly even three to four, spaced a month apart. Results appear gradually over three to six months and expect swelling, redness and soreness for a few days. Despite the availability of the licensed British equivalent Aqualyx, there is still a waiting list for Kybella in British clinics, whilst it awaits CE kite approval. The only difference is that Aqualyx is licensed for other areas such as knees, stomach and thighs.

Kybella has far fewer side effects compared to chin liposuction. There is no need for anaesthetic and no downtime. Liposuction requires a two week recovery and carries the risk of uneven fat removal, infection and a small scar. Skin tone may be the deciding factor however. Because liposuction is a surgical procedure it is easy for the surgeon to tighten any loose skin at the same time, so it is more suitable if the candidate has loose skin from weight loss. When Kybella destroys fat cells the subsequent inflammation causes the area to swell for several days. This inflammation tightens any sagging skin left following fat removal, but only as long as the candidate has good skin tone which can snap back into shape. However, it won't remove loose, excess skin.

Book a consultation with Cosme and we will discuss the right treatment for you. Whatever you decide, we will make sure that your practitioner is experienced -you do not want to be a guinea pig for a new treatment. Our holistic approach will reinforce the benefits of your treatment.. For example good posture strengthens the jaw muscles which helps to prevent fat collecting under the chin. Good posture also improves your microcirculation and therefore the health and texture of your skin.. Drink more water because dehydrated, weak muscles struggle to hold excess fat in place. If you are prone to bloating, limit your salt and alcohol intake.

It's worth remembering that everyone looks younger when smiling. Smiling helps tighten facial muscles whereas frowning makes them sag. Prevention is always better than cure and far more discreet.