

PATIENT INFORMATION SHEET

FAT DISSOLVER (DEOXYCHOLIC ACID)

Deoxycholic acid is a chemical that is naturally produced by the body to help break down and absorb ingested fat. This chemical has been synthetically recreated and is available as an injectable prescription medicine. When injected into small, isolated deposits of fat, it causes the destruction of fat cells in that region. The destroyed fat cells are unable to regenerate, and the remains of the cells are cleaned up and removed by the circulatory and lymphatic systems.

Treatments are to be administered at 4 – 6 week intervals. A minimum of 2 treatments must be considered however most patients should anticipate requiring 3 - 4 treatments to achieve their desired results. A small proportion of patients have been taken to 6 treatments. It is not possible to predict how many treatments will be needed. When used in conjunction with a healthy lifestyle, including regular exercise and a well-balanced diet the results of this treatment can be considered as long term.

These treatments can be administered on almost any small, isolated pocket of fat, commonly treated areas include the submental region (double chin), jowls, bra strap overhang, above knees, roll between back of the thigh and buttocks or fat pockets which remain following uneven liposuction.

The cellular repair process that follows in the treated area, creates collagen and elastin, which helps to improve skin tautness and laxity. This process can take up to 3 months to occur and over that time further improvement to the area can be anticipated for some patients.

Deoxycholic acid is an effective non-surgical treatment for creating a more contoured neck profile and jawline however some patients may also benefit from a combination approach, using other cosmetic treatments including antiwrinkle and dermal fillers or skin tightening procedures to help achieve a more enhanced effect.

Injectable anaesthetic is used during the treatment for comfort and as a result, minimal pain is experienced. The anaesthetic is similar to the numbing agents used by dentists. The numbness caused may result in diminished sensation to pain and temperature in the treated area for approximately two hours post treatment. Treatments are also available without anaesthetic and discomfort can be managed using ice packs.

While every precaution is taken to prevent side effects, they can sometimes occur. They may include; bruising, pain, tenderness, swelling, numbness, redness, tingling, formation of hardness in some areas as well as itching. These side effects are not to cause alarm and should dissipate on their own. Swelling is the predominant side effect and will last anywhere from 2 days to 3 weeks depending on the amount of fat being treated. Intensive exercise, hot baths, saunas, steam rooms or anything that stimulates heat should be avoided until swelling subsides.

Fat dissolving treatments are not ideal for large areas fat such as the abdomen. Patients with significant skin laxity in the treatment area are also not ideal candidates nor are patients with hypothyroidism. These treatments must not be administered to patients who are pregnant or breastfeeding, have a known allergy to deoxycholic acid, sodium hydroxide, sodium phosphate or anaesthetic, or have active viral lesions/bacterial infections or skin cancers in the area to be treated.

If you experience trouble swallowing, asymmetrical smile, discolouration, ulceration, unusual hair loss at the injection site or taste disturbances please contact your practitioner. In the event of an allergic reaction the following symptoms will arise; shortness of breath, difficulty breathing, swelling to the face/lips/tongue, rash or hives. If this occurs, please go to emergency at your nearest hospital. An allergy to deoxycholic acid is very rare.