

# Chin Up

New treatments offer effective solutions for droopy necks and double chins. **By RACHEL BROWN**

IF THE TURKEY WADDLE YOU'RE WORRIED ABOUT HAS nothing to do with Thanksgiving, you're in luck. Cutting-edge remedies for bothersome necks and chins are booming at San Francisco doctor's offices and beauty counters.

These new skin care products and treatments attack problems like double chins, neck rings, wrinkles and fine lines, sunspots, sagging and crepiness. "For the woman who says, 'I can't wear a turtleneck because I have drapery skin or my neck hangs over the top of my shirt,' it is a remarkable time, because there are so many options to melt the fat, tighten the muscle and skin, and remove some of that crepiness," says **Seth Matarasso**, a cosmetic dermatologist and clinical professor of dermatology at UCSF.

Matarasso hails injectable Kybella as a nearly miraculous answer to double chins. Approved by the U.S. Food and Drug Administration in April, Kybella's active ingredient is a molecule called deoxycholic acid that breaks down the fat padding found in chins. Kybella costs roughly \$1,000 per treatment in San Francisco, and up to six treatments can be administered—although one to three treatments are standard.

According to San Francisco dermatologist **Kathleen Welsh**, the affected area is numbed with ice or local anesthetic, followed by 10–30 injections. "There is a little bit of cramping that occurs immediately and lasts for about 10 to 30 minutes, but it is not very painful and is well tolerated," she explains. "There is subtle bruising that can last for a week. It is similar to the downtime you might have with a filler."

Welsh and Matarasso report that their patients have been satisfied with the results from Kybella so far. "Men, especially, have been very happy with this pro-



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cedure," says Welsh. Patients notice results in as little as four weeks, and the effects endure. "Unless you gain a tremendous amount of weight, it would be very unlikely that [the double chin] would come back," Welsh says.

Matarasso cautions not to expect change overnight. "Improvement is maybe 25 percent on the first go-round, then there's a bit more with the second treatment," he says. "So there is gradual, steady improvement." To repair chins and necks beyond unseemly chin fat, Matarasso recommends Kybella in combination with other treatments, such as Botox, lasers and Ultherapy—a noninvasive procedure using ultrasound to make the chin and neck tauter. "It creates these little wounds in the skin, and the wounds heal to scar tissue, and that's a firmer tissue," says **Margaret Mitchell** of Epi Center MedSpa in San Francisco. "So it doesn't lift, but it tightens everything inward."

Expect more neck and chin treatments to arrive at doctors' offices soon, including CoolSculpting's F.D.A.-approved controlled-cooling fat-reduction treatment for targeting chin fat. "There's no downtime for the patient," notes Mitchell. "It's great for isolated pockets of fat. It freezes the fat but doesn't injure the skin."

ThermiRF, which directs radio frequencies beneath the skin to reduce skin laxity, is another widely anticipated offering. Welsh estimates it will be priced at \$2,000–\$2,500 per treatment, compared to about \$600–\$1,000 for CoolSculpting. "The ThermiRF is billed as a one-time procedure," she says. "It is more invasive and more dramatic, and seems to be very effective."

For those seeking solutions outside a doctor's office, topical neck and chin

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