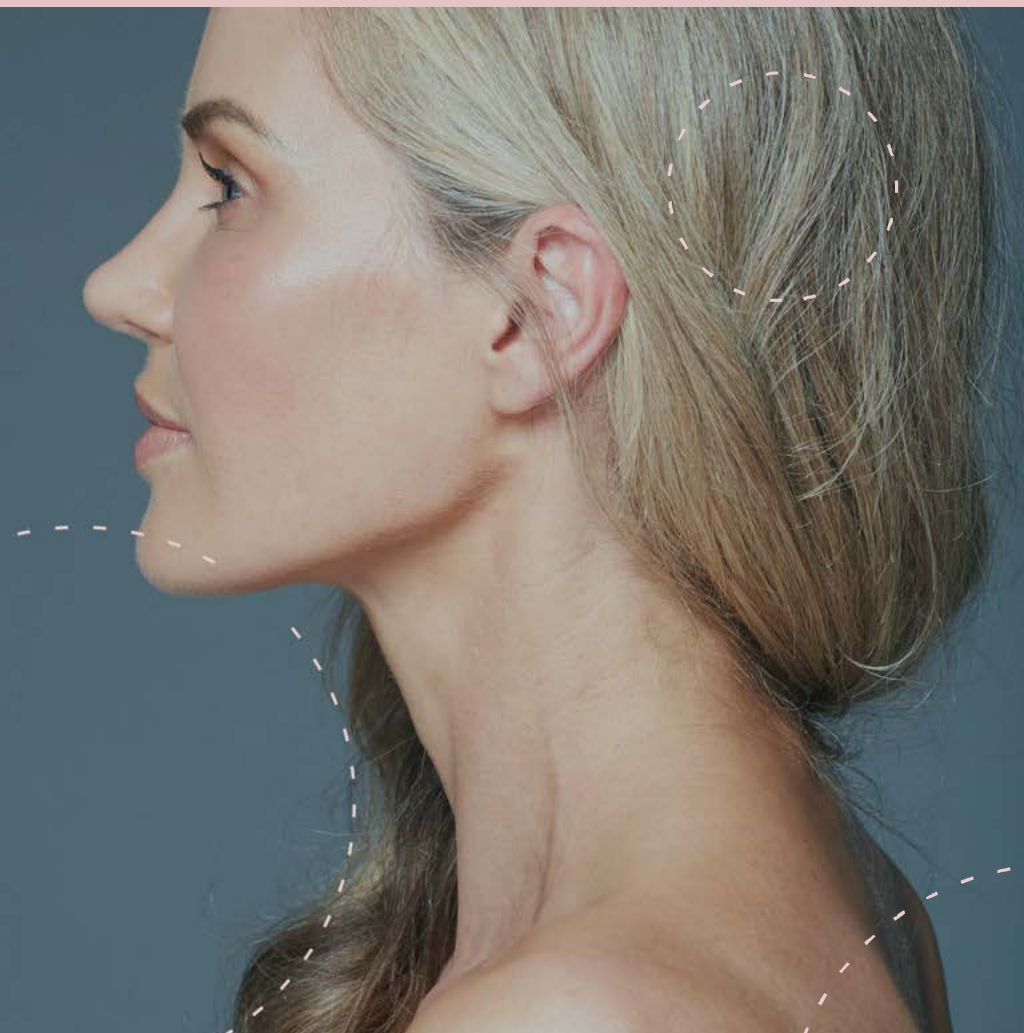


Under Chin Sculpting



The four things you **MUST** know about under chin sculpting treatments

Permanently rid yourself of stubborn under chin fullness and take that selfie from any angle with confidence.

There are many options when it comes to under chin treatments. You **MUST** arm yourself with all the information prior to making a decision on what treatment is right for you.

Read on below to learn what many other cosmetic clinics **WON'T** tell you about under chin sculpting treatments.

There are many options when it comes to under chin sculpting treatments. They differ in their upfront expense, downtime, efficacy and invasiveness.

Get the treatment you need, rather than just the option available. Choose the most comprehensive range of options in the Country. Choose Contour.



1) The lowdown on fat dissolving injections

Fat dissolving injections

What are they?

Fat dissolving injections use a compound called deoxycholic acid. This substance is present naturally in your digestive tract and is used to digest dietary fats.

Targeted under chin injections melt away fat with minimal discomfort and short recovery time.

Does it hurt?

This can be a painful process if local anaesthetic is not used prior to injection. MOST cosmetic clinics will NOT use local anaesthetic during this process.

The reason? Registered nurses cannot use this product without supervision from a medical doctor. Most of the larger chain cosmetic clinics do not allow the use of local anaesthetic for these procedures.

All Contour Clinics doctors are versed in the use of local anaesthetic for this area. Our registered nurses are specifically trained on how to perform this treatment and are supervised from an in-clinic doctor at all times.

Always ask your injector for local anaesthetic prior to these treatments.

Contour Clinics also prefer the use of cannula for the delivery of under chin fat dissolving treatments. Cannulae are long blunt needles that glide painlessly through the under chin fat (as there are no nerves in this layer of the under chin). Using this technique, one entry point can be used to treat the entire under chin region. This reduces the risk of bruising, pain, swelling and infection.

What can I expect after fat dissolving injections?

Swelling is very common post fat dissolving injections. This often lasts anywhere from a few days to a few weeks. Bruising and tenderness can occur and is not uncommon. Rarely, under skin firmness can occur which resolves over the course of a few weeks with massage.

What is the difference between fat dissolving injections and Belkyra/Kybella?

Fat dissolving injections were first introduced in 2003 by a dermatologist called Dr Adam Rotunda. The product used was a compounded mixture of phosphatidylcholine and deoxycholic acid. This was used in multiple large body parts and became popular as a non-invasive alternative to liposuction. However, large volumes of this substance used on bigger body areas often caused swelling and downtime similar to liposuction. This caused a decrease in use on larger areas of the body, but smaller areas such as under the chin, bra puffs and above the knees were still popular.

In 2017, Allergan released a product containing only deoxycholic acid. This was designed and marketed only for under the chin and has stricter protocols for use. It is far more painful, almost twice as expensive and is not any more effective than the combination phosphatidylcholine + deoxycholic acid product. It is for this reason Contour Clinics only uses fat dissolving with a combination of phosphatidylcholine and deoxycholic acid.

How long do treatments last?

Fat dissolving injections are permanent. Once fat cells are removed with fat dissolving injections they do not regenerate.

How expensive are fat dissolving injections?

At Contour Clinics fat dissolving injections are \$700 per session, regardless of the size of the area treated.



Price

\$700 per session regardless of the severity of under chin fat

Results

Reduction in under chin fat is slowly visible over 6-12 weeks

Time

Treatments take less than 10 minutes

Comfort

Under chin dissolving injections are performed in office under local anaesthetic. There is minimal pain associated with the procedure

Treatments to compliment

Combine with skin tightening, jawline sculpting or thread lifting for superior results.

2) The truth about machine based under chin fat removal

Not all fat freezing is created equal.



You heard it right, there are many inferior fat freezing technologies on the market that have engaged in a race to the bottom. A race to create the cheapest machinery and cheapest cost per treatment.

Unlike Coolsculpting, these have not been engineered at Harvard University, are not as sophisticated when it comes to refrigeration mechanics and in our experience, have far more pain associated with them.

Coolsculpting is the premier technology when it comes to fat sculpting. Coolsculpting is unique in several ways including:

- Coolsculpting has a built-in refrigeration condenser. This ensures consistent delivery of a therapeutic dose of cooling to the treatment area.
- Harvard University engineered.
- Built in temperature cut-offs to ensure safety and reliability of treatment.
- The most comfortable, painless treatment on the market.
- Quicker treatment times, owing to its superior cooling ability (30-40 minutes vs 60 minutes for comparable devices)
- Guaranteed results or you get a session for free.

How does Coolsculpting work?

- Coolsculpting works by freezing the area to minus 11 degrees Celsius. We know that at these temperatures the skin, blood vessels and nerves are all safe from injury. The fat cells in the treatment area however undergo a process called programmed cell death. These damaged fat cells are then marked for removal by the body's immune system. The removal process is slow, with the results of treatments seen in 8-12 weeks.
- No other machine on the market freezes consistently to this temperature. Most hover around minus 6-8 degrees. Not only is this less effective, it is surprisingly more uncomfortable. At temperatures < -10 degrees Celsius the treated area becomes numb. That means there is no longer any discomfort associated with the procedure after 5 minutes of cooling. Machines warmer than this produce pain that persists for the duration of the treatment (45-60 minutes).
- Radiofrequency technologies are also used for fat removal. Unlike coolsculpting, the area does not go numb, rather the device is turned up until you can no longer tolerate any increases in energy. You then sit with this pain for the entire treatment. At Contour Clinics, we do not offer this form of fat removal for this very reason.

When do I see results?

You see results 8-12 weeks post treatment. This is the time period required for your body to remove the destroyed fat cells from the treated area.

Price

From \$500 per session

Results

Reduction in under chin fat is slowly visible over 6-12 weeks

Time

Reduction in under chin fat is slowly visible over 6-12 weeks

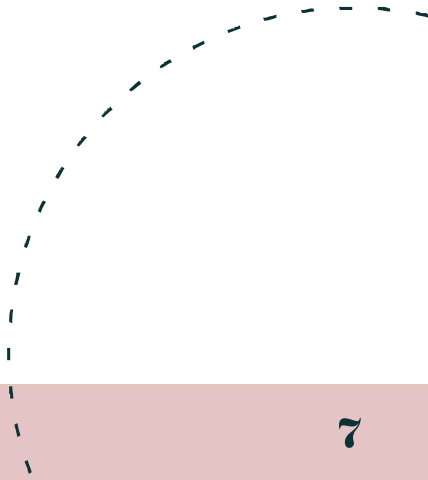
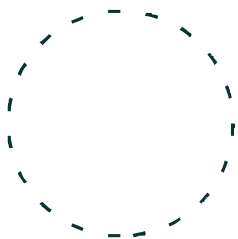
Comfort

Under chin dissolving injections are performed in office under local anaesthetic. There is minimal pain associated with the procedure.

Treatments to compliment

Combine with skin tightening, jawline sculpting or thread lifting for superior results.

See our **Coolsculpting** page for more information.



3) For those wanting a more definitive, one off option and don't mind the idea of liposuction.

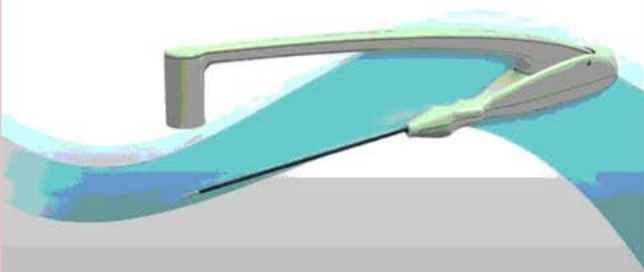
Facetite under chin radiofrequency assisted liposuction

The gold-standard in under chin sculpting. The Facetite device melts under chin fat while tightening the skin at the same time. It does so via the delivery of radiofrequency energy to the subcutaneous fat of the neck and under chin region. This causes a contraction of the skin and underlying connective tissues to restore youthful sharpness to the jawline.

How does the Facetite work to remove under chin fat?

The Facetite consists of a slender probe that is inserted just under the skin of the neck and under chin. The probe emits a radiofrequency current that is used to melt under chin fat, while tightening of the overlying skin.





How is the Facetite different from traditional liposuction?

Traditional liposuction uses blunt force to tear fat cells away from their housing within the subcutaneous tissues of the under chin. This can lead to significant bruising/swelling and asymmetry of result.

Facetite utilises radiofrequency energy to heat deep subdermal tissues to 70 degrees. This causes a uniform melting of fat cells, that can then be aspirated and removed at the time of the procedure. Controlled heating of the under-chin area with the Facetite radiofrequency probe has several advantages over traditional liposuction including:

- Tightening of overlying skin (up to 40% contraction in some studies)
- Uniform removal of fat cells with less likelihood of asymmetry.
- Consistent results
- Shorter downtime
- Coagulation of the tiny blood cells supplying under chin fat. This results in significantly reduced swelling and bruising as compared with traditional liposuction.
- Smaller probe sizes lead to decreased trauma during the procedure.



Price

\$3250 regardless of the severity of under chin fat. This is a one-off treatment.

Results

Reduction in under chin fat is slowly visible over 6-12 weeks

Time

Treatments take approximately 60 minutes

Comfort

Under chin Facetite is performed under local anaesthetic. There is minimal pain associated with the procedure.

Treatments to compliment

Combine with skin tightening, jawline sculpting or thread lifting for superior results.

See our **Facetite under chin liposuction** for more information.

4) Skin tightening options to the under-chin region

Under chin fullness is not always caused by under chin fat. Often excessive neck skin can cause the appearance of a 'double chin' if there is no fat present.

Skin laxity on the neck region can really give away your age. Fortunately, there are many good options for neck skin tightening that do not require you to undergo the knife.

The best option other than surgery is radiofrequency energy delivered by micro needles.

Morpheus8 radiofrequency skin tightening

- Using radiofrequency delivered with 24 micro-needles, the Morpheus8 is the worlds most effective skin tightening device.
- This causes an intensive tightening of the outer layers of the skin, all while contracting the deeper subcutaneous tissues.
- This really is the gold standard in non-surgical neck tightening.



See our **Morpheus8** page for more information.

Tempsure skin tightening

- Completely painless and non-invasive, the Tempsure tightens and tones an ageing neck. This is a perfect option for those with no tolerance of downtime, pain or invasiveness.
- Our skin normally sits at a temperature of 33 degrees celcius. The tempsure warms the skin to 40 degrees and once there counts down from 5 minutes. We know 5 minutes is the therapeutic dose of heating required to activate heat shock proteins to stimulate collagen.
- We also find that the Tempsure changes chemical bonds between collagen fibres temporarily. This results in a contraction of the skin lasting 2-3 days. This is why our patients typically like to have this treatment 1-2 days out from a big event, as it leaves them looking youthful and refreshed.



See our **Tempsure page** for more information.

PDO MINI threads

PDO Mini threads are all the rage these days. Every cosmetic clinic in the Country seem to be promoting them as the latest and greatest in skin tightening.

However, there are many things about PDO threads most cosmetic clinics WON'T tell you.

PDO threads are made of a substance called polydioxanone. This has been used as a suture material in operations for decades with good effect.

These cannot be used to lift. They are only useful in skin tightening/skin rejuvenation.

There are two main types of PDO threads in existence:

Long: anchoring threads that are used to reposition facial tissues. These are used to create non-surgical facelifts. These thick threads have barbs that grab hold in the subcutaneous tissue of the face and pull back sagging facial tissues (for non-surgical face or neck-lifts) or reposition facial areas to create certain looks (i.e. the fox eye thread lift). For a neck lift using long PDO threads we often use 2-4 threads per side.



Short (MINI): collagen stimulating threads. These are not much thicker than a hair and are inserted just under the skin in large quantities. For a full neck skin tightening with PDO threads it would not be unusual to use up to 40 MINI threads in total.

PDO MINI threads are great for younger patients who want just that little bit extra skin tightening. These are not useful for non-surgical facelifts.

Why choose Contour Clinics

Your cosmetic concerns will be addressed with the latest technology and techniques in mind. We are at the forefront of non-surgical cosmetic treatment developments and have a culture of education and ongoing professional development.

A clinic you can trust

You can be assured that your treatments will be carried out by experienced, trusted medical professionals. We are a doctor-led cosmetic clinic, where all treatments are performed by an experienced cosmetic professional.



The Contour Clinics Guarantee

Your satisfaction is our guarantee. Our treatments come with:

- complimentary consultation and facial assessment
- complimentary follow up appointment to review your results
- complimentary top ups/corrections for our injectable treatments
- only premium brands of product used
- expert clinicians providing all treatments

Want to know more?

Click here to arrange your complimentary consultation