

Can You Ever Actually Get Rid of a Double Chin?

The verdict is in.



While you can [tone up your bod](#), it's not so easy to erase that pesky padding we all know as the double chin. And if facial fat is bothering you, you're not alone. "Fat is the number one cosmetic concern of all patients," says Mathew M. Avram, M.D., director of Massachusetts General Hospital's Dermatology Laser and Cosmetic Center. "Underneath the chin is definitely an area of concern."

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Why do we plump up there, of all places? Lifestyle and diet can be to blame, but a little fat under your chin can also be hereditary, says Avram. "There are just some people who, for whatever reason, accumulate more fat there even if they are thin otherwise," he says. "And that's probability determined by genetics." Womp, womp.

So is there any easy fix? Nope. Unfortunately, even a kickass [gym routine](#) and

an A+ diet can leave fat lingering in this area, says Avram. That's because a double chin tends to be more resistant to exercise than other parts of the body. Double bummer.

Modern science does offer an answer for those willing to make a doctor's appointment, though.

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Non-invasive injectables like [Kybella](#) are gaining traction among younger patients as of late. Kybella is the name brand for a naturally occurring substance in the body called deoxycholic acid, says Hooman Khorasani, M.D., the chief of the division of Moh's, reconstructive, and cosmetic surgery at Mount Sinai School of Medicine. In your body, deoxycholic acid works to dissolve [fat](#). Kybella does the same thing through injections. "You inject it under the chin where the fatty area is and it dissolves fat cells and they die permanently," he explains.

But it's not without its side effects. Because cells are burst open, expect an inflammatory reaction for about two or three weeks after the injections, says Khorasani. And while he adds that the procedure does work well, you usually need two or three sessions to see results. Be ready to shell out serious dough, too: Sessions can set you back anywhere from \$3,000 to \$6,000.

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Other options like [CoolSculpting](#), which freezes fat, and ThermiLift, which heats up fat, are "OK" but "don't work magic," says Khorasani.

If you're not looking to shell out that kind of dough, we know plenty of [Instagram filters](#) that can pretty much perform miracles.