



### **BELKYRA (DEOXYCHOLIC ACID) PRE/POST CARE INSTRUCTIONS**

Belkyra (DEOXYCHOLIC ACID) is an injectable prescription medicine used in adults to improve the appearance and profile of moderate to severe amounts of fat under the chin, along the jawline or buccal area. Many people treated with Belkyra experienced visible improvement in the appearance of their chin profile in just 2 to 4 treatments. Up to 6 may be needed for optimal results.

#### **PRE-TREATMENT:**

- o AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other anti-aging products.
- o AVOID waxing, bleaching, tweezing or the use of hair removal creams on the area to be treated.
- o AVOID blood-thinning over-the-counter medications such as ASA/Aspirin, Motrin, Advil/Ibuprofen and Naproxen/Aleve.
- o AVOID herbal supplements, such as Garlic, Ginseng, Vitamin E, Ginkgo Biloba, St. John's Wort and Omega-3 capsules.

#### **TREATMENT:**

- Skin will be cleansed and prepared by one of our medical aestheticians
- Topical numbing cream and ice will be applied to the treatment area to minimize discomfort
- Skin markings will be placed outlining treatment area
- You may experience a mild amount of discomfort or a stinging sensation during your injection.
- Redness and swelling are normal
- There may be some tenderness at the treatment site(s) that can last for a few hours or several days. You may develop bruises in the areas treated.



## **POST-TREATMENT:**

- Apply ice pack to the areas treated for 15 minutes every hour for the next 4-6 hours to minimize discomfort and swelling. Avoid prolonged episodes of icing as there is a risk of developing frostbite
- Take Tylenol/ Acetaminophen if you experience any mild tenderness or discomfort
- You will experience mild pain, swelling and/or tingling over the next few days (or in rare cases weeks). This is caused by the degree of inflammation/dissolving that has occurred. Each treatment will yield less symptoms than the last.
- Cleanse hands before touching the area
- Drink plenty of water for 48 hours after treatment
- AVOID exercise or strenuous movements for the remainder of the day
- AVOID makeup for 24 hours
- AVOID hot environments like saunas /extended UV exposure until any redness/swelling has passed.
- AVOID laser treatments, resurfacing treatments, or chemical peels for a minimum of 2 weeks
- You may shower and wash your face as per routine
- You may use moisturizer or sunscreen as per routine
- Book your follow up appointment in 4-6 weeks

## **When to call:**

- Changes in smile, speech or any asymmetry noted to face/treatment area
- Ongoing pain at injections sites
- Discharge from injection site
- CALL IF YOU ARE EVER CONCERNED!

**On-call medical team can be reached anytime at 403-763-3464. For non-emergency calls please call the clinic at 403-475-4025.**