

AFTERCARE & ADVICE FOR YOUR BELKYRA APPOINTMENT

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PLASTIC SURGERY

ESSENTIALS MEDI SPA

PREPARE:

- CLEAR SCHEDULE - No special events for 2 weeks after your procedure
- 14 DAYS BEFORE - Avoid anything that causes skin irritation (e.g. chemical peels, micro-dermabrasion, laser treatments etc.)
- 7 DAYS BEFORE - Avoid blood thinning medications like ASA/aspirin, ibuprofen (e.g. Motrin, Advil), naproxen (Aleve), herbal supplements (e.g. garlic, ginseng, ginkgo biloba, St. John's Wort, omega-3) and vitamin E
- 24 HOURS BEFORE - Do not drink alcohol

WHAT TO EXPECT: Belkyra contains deoxycholic acid, which our bodies already produce to digest fat

- You will receive about 10-20 small needle pricks to the area of fullness under the chin.
- Once fully treated, no further treatment is expected unless a patient experiences significant weight-gain
- Common side effects include (but are not limited to): pain, redness, swelling, temporary bumps, firmness, itching, bruising, tenderness, warmth, tingling
- The injected area will become jiggly, will peak on day 3-4 and will resolve as your body clears away the fat cells
- Rare but more serious side effects include: nodules, itchy skin, tight skin, warm skin, headache, throat pain, skin ulceration, high blood pressure, nausea, difficulty swallowing, bleeding, discolouration at the injection site, swollen lymph nodes, and temporary nerve injury resulting in an altered smile
- First treatment requires one to two vials of medication (\$600/vial) depending on the size of the treatment area
- Most patients require three treatments to be satisfied with results

AFTERCARE & MUST-DO FOR THE BEST RESULTS:

1. Before leaving the clinic, book a follow-up exam (due 1 month after treatment) for after photos
 - o Click "Confirm Appointment" in your reminder emails/text messages to secure your appointment
2. Swelling is a sign the medication is working, and less swelling occurs at future treatments
3. For 90 minutes, do not apply makeup over the injected area (risk of infection)
4. Only touch the injected area with clean hands, clean makeup tools, and clean towels
5. Apply a cold compress for 5 mins x 5 times a day x 5 days
6. For 24-48 hours, avoid alcohol, strenuous exercise, and exposure to UV radiation, high heat environments (e.g. sauna, steam room, tanning beds, hot showers) or risk worsening swelling and discomfort
7. For two weeks, avoid anything that irritates or requires heavy pressure on the skin of the treated area
8. Wait three months before receiving another Belkyra treatment

CONTACT US:

- If you experience any other side effects which you think are important.
- Always contact us even if you also see your family doctor, a walk-in clinic doctor, or go to the ER.

PLEASE DO NOT HESITATE TO CALL OUR OFFICE AT 403-487-0460 IF YOU HAVE ANY QUESTIONS OR CONCERNS, or

E-mail us directly info@drtrevorbrooks.ca, kara@essentialsmedispa.ca, or amanda@essentialsmedispa.ca