



Belkyra™ (deoxycholic acid) Pre and Post Treatment Information

Pre-treatment instructions:

- Avoid Aspirin, ibuprofen (Motrin, Advil), Aleve, Vit E, Ginkgo, Ginseng, Ephedra, St. John's Wort and fish oil supplements for 2 weeks prior to your procedure, if possible, as they will increase your bruising. Tylenol will not cause bruising and is preferred prior to your treatment.
- You may take Tylenol or ibuprofen one hour prior to your scheduled appointment to help with discomfort.
- Do not schedule your treatment within 2 weeks of a big event.
- Do inform your health care provider if you have a history of difficulty swallowing, medication allergies, have had surgery on your face, neck or chin, have had dental work 2 weeks prior or after the proposed treatment, have bleeding problems or any other medical problems.
- Please notify your health care provider if you are taking any blood thinner for a medical condition.
- You cannot have this treatment if you are pregnant or breast feeding. You cannot have the treatment if you are experiencing active inflammation or infection in the treatment area (i.e. cysts, rash, acne).
- To reduce bruising, please also avoid alcohol 24 hours prior to your appointment.
- If you are male, please come to the treatment appointment with a clean shaven neck/chin.

Post-treatment instructions:

- After treatment, hold an ice pack or cold compress on the area gently for a few times that day. Ensure not to cause frostbite or apply firm pressure.
- The treatment area will be red, inflamed, swollen and bruised for the first 5-14 days. You may also experience numbness, tenderness to touch, areas of hardness and nodules. This can last from weeks to months. Swelling can be significant for the first 2-7 days. This is normal.
- You may resume normal activities immediately; however, exercise would not be recommended for the next 2-3 days. You may resume as long as it is comfortable for you.
- Do take ibuprofen, motrin, or advil if needed for discomfort after the treatment.
- Sleep with your head elevated on 2 pillows for the first 2-3 nights post treatment to help with swelling and discomfort.
- Do not scratch, pick, massage or manipulate the treatment area.
- Bruising may be covered with makeup.
- You may apply your normal skin care regimen and sunscreen daily.
- Avoid facials, chemical peels, laser and other cosmetic injectable treatments for 2 weeks post Belkyra™.
- Avoid alcohol for 24 hours after treatment.
- Do not have dental work for 2 weeks after your treatment.

Remember to schedule your next appointment in 6-8 weeks. 2-6 treatment sessions are required for optimal results.

We want you to have an outstanding result. If you have any questions or concerns, please call the office for assistance, (403) 571-3141. If you develop any unusual symptoms, signs of infection, uneven smile, facial muscle weakness or breaks in the skin please notify our office immediately.

If you experience shortness of breath, trouble swallowing, severe itching, chest pain, dizziness, call 911. These symptoms are rare but may indicate an allergic reaction and require immediate medical intervention.