

# INJECTABLES: BELKYRA™

## Treatment Information

### BEFORE A BELKYRA™ APPOINTMENT

- Clear your schedule, no special events for two weeks after your procedure (3-4 is even better).
- Reach your goal weight.
- 14 days prior, no corticosteroid use (consult your physician before discontinuing anything prescribed) and avoid any skin irritation (i.e. chemical peels, microdermabrasion, laser treatments).
- If you develop a fever, cold, flu, cold sore, blemish or rash in the area of treatment, please reschedule. Cold sores will require a prescription to prepare you for treatment.
- Stay hydrated and increase your fruit and vegetable intake.
- 7 days prior, avoid blood thinning medications like ASA/aspirin, ibuprofen (i.e. Motrin, Advil), naproxen (Aleve), herbal supplements (i.e. garlic, ginseng, ginkgo biloba, St. John's Wort) and some dietary supplements such as vitamin E and omega-3.
- 24 hours before, do not drink alcohol.

### DURING A BELKYRA™ APPOINTMENT

- Our registered nurse injectors will gently cleanse your skin, and safely inject the deoxycholic acid in the carefully targeted areas. Deoxycholic acid is a naturally occurring molecule in your body that aids in the breakdown and absorption of dietary fat.

### AFTER A BELKYRA™ APPOINTMENT

- The injected are will become jiggy, will peak on day 3-4 and will resolve as your body clears away fat cells.
- Once fully treated, no further treatment is expected unless you experience significant weight gain.
- Common side effects include (but are not limited to): pain, redness, swelling, temporary bumps, firmness, itching, bruising, tenderness, warmth, and tingling.
- 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 depending on the size of the treatment area.
- Most patients require up to 6 treatments to be satisfied with the results.
- Before leaving the clinic, book a follow-up exam for 1 month after treatment
- Swelling is a sign the medication is working, and less swelling occurs at future treatments.
- For 24 hours, do not apply makeup over the injected area (risk of infection).
- Only touch the injected area with clean hands, clean makeup tools, and clean towels.
- Apply a cold compress for 5 minutes, 5 times a day for 5 days.
- 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.
- For two weeks, avoid anything that irritates or requires heavy pressure on the skin of the treated area.
- Wait 6-8 weeks before receiving another Belkyra™ treatment.
- *Contact us:*
  - If you experience any other side effects, which you think are important.
  - If you also see your family doctor, a walk-in clinic doctor, or go to the ER.