



**AEGIS | MD**

FACE • BODY • SKIN • VEINS

## **BELKYRA**

Belkyra is used to shape and contour the area under the chin. Each BELKYRA™ treatment involves approximately 10 to 30 small injections in various locations beneath the chin. The fat is dissolved within 10-15 minutes of injection, however an inflammatory response triggered that causes swelling and takes a 3-4 weeks to subside. Once your goals are achieved, re-treatment is not expected. As with all services it is important for you to use your medical grade skin care regime before and after treatments. We recommend using Skin-gestible Luma Glow Fatty Acid Antioxidant Oil Blend™ to treat your skin from the inside out. Schedule your Complimentary Reveal360™ Skin Care consultation to determine a skincare regime that will give you the best results.

### **PRE-CARE INTRUCTIONS**

#### **1-2 week Before:**

- Notify your provider if you have had major dental work (excluding routine cleanings) 2 weeks before/after proposed injection procedure or if you have had any recent procedure (cosmetic, surgery, laser, or other)
- One week before treatment avoid anti coagulants, platelet inhibitors, and NSAIDs if not medically necessary **IMPORTANT: Do not stop taking any medication that has been prescribed or recommended by your doctor.**
- Essential fatty acids, including Luma-Glow, can increase risk of bruising. If bruising is of concern refrain from essential fatty acids for 7 days before treatment
- Please plan your appointment at least 4 weeks prior to any special occasion or event
- Please advise your medical provider with history of allergies, medications and **any** changes in medical history

#### **2 DAYS BEFORE:**

- Avoid alcohol consumption 48 hours before your treatment
- For men, please come to your appointment clean shaven

### **POST-CARE INSTRUCTIONS**

- Please do not press, rub, massage or manipulate the treatment area
- For remainder of treatment day avoid exercise or strenuous movements
- Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 mins and remove for 20 mins. Repeat process as necessary
- Arnica gel applied to the area up to five times daily for two days after the treatment (optional).
- If needed, take Tylenol to decrease post treatment discomfort
  - Avoid Aspirin, Motrin, Gingko Biloba, Flax Oil, Fish Oil, Vitamin A & E or other essential fatty acids for at least 3 days after treatment
- Avoid alcohol, caffeine, high sodium foods, high sugar foods, spicy foods and cigarettes 24-48 hours after treatment. These may contribute to increased swelling or irritation
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment
- Sleep on your back with your head elevated for 3-5 days post treatment
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-

- Sleep on your back with your head elevated for 3-5 days post treatment
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the treated area.
- Make up may be used as long as the skin is not broken or irritated
- Ibuprophen can be safely taken for discomfort
- Avoid laser treatments, resurfacing treatments, or chemical peels for a minimum of 2 weeks

**TO MAXIMIZE YOUR BELKYRA RESULTS:**

Results are cumulative: Changes may be seen after your first session, but optimal results are seen 4-6 weeks after your second session. The number of sessions varies on the amount of fat in the area and the desired out come. Typically results are seen 12 weeks after your first sessions, and at that time a decision can be made if further treatment is required.

Use TransFORM Body Treatment with TriHex Technology. When used in conjunction with Aegis MD's Cool on Fourth program it helps to:

- Accelerate the natural removal process of fat cells, after Belkyra procedures to accelerate and enhance visible results in more than 82% of patients
- Supports the production of new healthy elastin and collagen
- As a stand-alone body treatment improves the appearance of skin laxity, texture and crepiness and supports the production of new healthy elastin and collagen

**IMPORTANT INFORMATION:** Most common side effects are swelling, brushing, pain, numbness, redness, areas of hardness, and tingling or itchiness in the treatment area. Please report to your clinician immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing, or if any existing symptom worsens.

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(Available weekends and after hours)