

FAT DISSOLVING INJECTIONS (BELKYRA)



POST TREATMENT CARE

Following your treatment with fat dissolving injections we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid any unwanted side effects.

It's important to understand the results of fat dissolving injections are not immediate and are gradual over 3-5 months. As series of 2-3 treatments are required to achieve optimum results, with a minimum of 6 weeks intervals.

- You will experience tenderness and moderate to significant swelling in the treatment area following your first treatment. There is less swelling with subsequent treatments.
- Swelling will begin to settle in 24-48 hours after treatment. If permitted, you may take paracetamol but avoid ibuprofen.
- The injected area will become 'wobbly', this will peak on day 3-4 and will resolve as your body clears away the fat cells.
- Do not massage the treated area. This includes avoiding facials, facial exfoliation waxing, laser treatment or any other activity that applies pressure to the treatment area.
- Avoid wearing make up for at least 12 hours after your treatment. You may continue your normal skin care regimen.
- 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) as this may worsen swelling and discomfort.
- For two weeks, avoid anything that requires heavy pressure on the skin on or near the treated area.

POSSIBLE MINOR SIDE EFFECTS

- Common side effects include (but are not limited to): pain, redness, swelling, temporary bumps, firmness, itching, bruising, tenderness, warmth, tingling. Some of these side effects may continue for several weeks after treatment.

POSSIBLE SERIOUS BUT RARE SIDE EFFECTS

- 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.

If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.