

## Belkyra® Treatment

### What is Belkyra?

Belkyra® is an injectable treatment that permanently dissolves fat. It is a synthetic form of a natural bile acid called deoxycholic acid, usually released by our liver to digest a fatty meal.

### What does Belkyra do and who is suitable for treatment?

Belkyra® is injected into the fat under your chin to remove your double chin and contour your jawline. It's suitable for moderate to severe double chins caused by fat accumulation from genes, ageing or weight gain. Other causes of a double chin, such as loss of skin elasticity or muscle excess, will not respond to treatment. We'll assess your neck area to see if your chin is suitable.

### How many treatments will I need?

You will need at least two treatments spaced eight weeks apart. Most people need three to four treatments. You may require up to six treatments. Although the reduction in fat cells is irreversible, the appearance of your double chin area may be affected over time by skin ageing, weight changes and sun exposure.

### Who should not have treatment with Belkyra?

You should not have treatment if you are pregnant or breast-feeding, have active skin disorders in the area, have hepatitis, chronic liver disease, HIV or known hypersensitivity to deoxycholic acid or local anaesthetic. Caution is required in patients with a history of autoimmune disease or disease affecting the immune system.

### Are there any possible side effects?

You may feel a burning sensation for a couple of minutes during treatment as the fat cells are destroyed. We minimise any discomfort with paracetamol, ice packs and local anaesthetic. Immediately after, you will notice your double chin area is pink and **swollen** to approximately twice the size. The **swelling** usually peaks 48 hours after treatment and can last up to two weeks. Small **bruises** and **acne-like skin eruptions** lasting a few days may occur which can be covered with make-up.

The area then becomes firm and may feel **lumpy**, **numb** and **wobbly**. This resolves over six to eight weeks but can persist for up to twelve weeks.

Rare complications include **infection** or **allergy** requiring treatment with medication, **temporary nerve damage** causing an asymmetric smile that could last weeks to months, **swallowing difficulties**, **damage to deeper structures** and **scarring due to tissue necrosis**. The art of cosmetic medicine is not an exact science. There is a possibility of under or over correction or asymmetry. Additional treatments may be required to improve your outcome.

### What should I do after my treatment?

For the remainder of the day after treatment, keep the treated area clean and free of makeup and avoid excessive alcohol or intense exercise. Avoid active skincare in the injected area for two days. Your practitioner may ask you to send in a “selfie” to monitor swelling. Please contact the clinic or your practitioner if you have any concerns. Your next treatment should occur after firmness and lumps have resolved, which typically takes six to eight weeks.