



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE BELKYRA

Inform our client care team if you have a history of Perioral Herpes to receive advice on antiviral therapy before treatment.

Belkyra is not suitable under the following conditions:

- You are pregnant, nursing, trying to get pregnant.
- Have experienced hypersensitivity in the past.
- Have severe allergies.
- If the areas of treatment have active inflammation or infection (cysts, pimples, rash).
- Have a history of nerve damage, facial paralysis, facial movement issues, difficulty swallowing, and/or bleeding problems.
- Have been diagnosed with neurological disorders or medical conditions on or near the face and/or neck.
- Are currently taking anticoagulants such as warfarin, heparin, coumadin or plavix.
- Have had any recent cosmetic surgery, or laser treatments.
- Have had major dental work or oral surgery within 4 weeks of the schedule treatment.

If you fall under any of these categories, please give us a call to book something better suited for you.

1 WEEK BEFORE TREATMENT:

- To reduce bruising and bleeding, avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve, as well as herbal supplements such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules.

1-3 DAYS BEFORE TREATMENT:

- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products.
- For those with facial/ neck hair, shave the area to be treated, otherwise avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to reduce risk of bruising.

AFTER BELKYRA

IMMEDIATELY FOLLOWING TREATMENT:

- Do not rub the area treated. Do not massage the area. Avoid placing excessive pressure on the treated area(s) for the first few hours and up to 2 to 3 days; when cleansing your face or applying makeup, be very gentle.
- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Avoid strenuous exercise and alcohol for 24 hours after treatment.
- Try to sleep upright, not on your side for the first 48 hours to take the pressure off your neck.
- Makeup may be used as long as the skin is not broken or irritated.
- Gently clean the area twice daily with mild soap.
- Non-steroidal anti-inflammatories (ibuprofen) can be safely taken for discomfort. Avoid the use of Aspirin, St. John's Wort, and high doses of vitamin E for one week.
- Avoid anything that causes sweating or flushing - this includes strenuous activities, hot temperatures, saunas, and hot baths/ showers.

3-5 DAYS FOLLOWING TREATMENT:

- Redness is normal for a few days to a week.
- Swelling is usually significant in the first couple of days to a week. Patients report looking like a "bullfrog" with a lot of fluid in the skin under the chin. This is normal.
- Numbness is common for the first few weeks to a month. Discomfort and tenderness to the touch are also common in that time frame.
- Avoid irritants (glycolic, acid, retinoids, etc.) until all redness/swelling resolves.

2+ WEEKS AFTER TREATMENT

- Dental work can be safely resumed.
- Optimal results can be expected four to six weeks after the treatment and after all swelling has resolved. It is important to note that more than one treatment of Belkyra will be needed to achieve the desired outcomes.

You should immediately notify us if you have any questions or concerns, or see any signs of problems - eg. severe or extended: pain, redness, swelling, bruising, lumpiness, or a sign of infection, blood supply compromise, trouble swallowing, uneven smile, trouble with moving the mouth/chin, or similar symptoms. Or if you see signs of blood supply compromise include blanching or whitening/ darkening/ blackening of the skin, any discoloration, pain, or skin break/sloughing.

Everyone's skin is different and your results and recovery time may vary.
We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare