PATIENT INFORMATION · QUICK GUIDE · BODY

Fat-dissolving *injections*

DesoBody® & DesoFace®

HELEN HUNT MEDICAL AESTHETICS

What are fat-dissolving injections?

Deso is a leading deoxycholic acid-based injection designed to target and dissolve stubborn, localised pockets of fat. The active ingredient, sodium deoxycholate, breaks down the membranes of fat cells so that the released fat can be cleared naturally by your body through the lymphatic system.

How does it work?

A series of small injections is placed directly into the area of localised fat. Results are not immediate: the fat is broken down and cleared gradually over the following weeks. Results vary from person to person and no specific outcome can be guaranteed.

At a glance

TREATMENTS
Usually 2–4 sessions

SPACING
4–6 weeks apart

AREAS
Chin, jawline and body

AFTERWARDS
Swelling and tenderness are normal and expected

RESULTS
Develop gradually over the course

AREAS THAT CAN BE TREATED

- Chin and jawline (DesoFace)
- Abdomen
- Hips and thighs
- Knees
- Arms

HOW MANY TREATMENTS?

- Usually 2–4 sessions
- Spaced 4–6 weeks apart
- Results develop gradually over the course
- Your practitioner will advise the right course for you

WHAT TO EXPECT AFTERWARDS

- Swelling, tenderness, redness and heat at the injection site, which is normal and expected
- Bruising, mild pain or temporary numbness
- Small nodules or firmness in the area, which generally settle within 4–6 weeks

PREPARING FOR YOUR TREATMENT

- 1 week before: avoid blood-thinning medicines and supplements such as aspirin, ibuprofen, vitamin E and ginkgo biloba (unless medically prescribed)
- 48 hours before: avoid alcohol, and retinols, vitamin C, glycolic or salicylic acid and scrubs on the area
- On the day: wear loose clothing, eat a light meal and stay well hydrated

AFTERCARE

- 24 hours: no make-up, fragranced lotions or fake tan on the area
- 48 hours: avoid vigorous exercise, saunas, steam rooms and hot baths
- 7 days: keep alcohol and caffeine to a minimum
- Drink at least 2 litres of water daily for 10–14 days
- After 48 hours: gently massage the area for 5 minutes, twice a day, for up to 2 weeks
- For discomfort, take paracetamol; avoid ibuprofen, as inflammation is part of how the treatment works

NOT SUITABLE IF YOU

- Are pregnant or breastfeeding
- Have liver or kidney disease
- Have an active skin infection in the area
- Have an autoimmune condition or diabetes
- Are taking certain medications (please tell your practitioner)

A full medical assessment is carried out at your consultation.

IMPORTANT TO KNOW

Results build gradually and vary between individuals. Rare risks include infection, skin irregularity, temporary nerve injury or changes in skin pigmentation. A balanced, lower-calorie diet during your course helps to maximise your results, and please wear a compression garment if your practitioner advises it. Full pre- and aftercare guidance is provided when you book, and again after your treatment. If you have any questions, please call the clinic on 01392 984171.

Begin with a *consultation*

01392 984171 · enquiries@helenhuntaesthetics.co.uk · helenhuntaesthetics.co.uk

BOOK ONLINE

Be natural. Be beautiful. Be you.

SCAN TO BOOK

© 2026 Helen Hunt Medical Aesthetics Ltd · Exeter · Honiton · Sidford. This leaflet is for general information only. Individual results vary, and your practitioner will assess your suitability at consultation. DesoBody® and DesoFace® are registered trademarks of their respective owner.