

AFTERCARE/ADVICE SHEET FOR DERMAL FILLERS

We offer a variety of treatments using hyaluronic acid. We will help you decide on the treatments are best for your concern and the look that you desire. All of these treatments are temporary and can last between 6 to 9 months, when a repeated treatment will be necessary. The best result appears over time with recurring treatments.

Lip Definition - We define the lips by injecting hyaluronic acid into the tissue around the lip area, known as the vermillion border (it's a little tube that runs around the lips). The procedure gives more definition and plumps up the lips and enhances the cupid's bow. Volume of the lips is achieved by injecting filler into the red part of the lip to give a plumping effect. For those who wish to have more of a pout, a larger volume of filler will be injected to achieve this appearance.

Peri -oral lines commonly known as 'smokers lines' - Lines extending from the lip or lip stick bleed/smokers lines can be treated by enhancing lip definition combined with injecting small amounts of filler into each line. Alternatively the lip enhancement can be combined with other anti-wrinkle treatments.

Nose to mouth lines - Nasolabial folds are the lines that run down from the nose to the corner of the mouth. Prominent Nasolabial folds and cheek lines are usually due to loss of supporting tissues in the skin. We recommend the use of dermal fillers to produce volume under the folds to smooth out their appearance.

Marionette Lines - Marionette lines are the lines that run from the corners of the mouth down to the chin. These lines are usually due to loss of underlying supporting tissue in the skin. We recommend the use of dermal fillers to plump out the lines, providing the support that will make them less apparent.

Dermal Filler Treatment procedure - After your consultation and prior to the treatment your skin will be cleaned and anaesthetic applied. We will explain the injection procedure and product choice and confirm the areas to be treated and what we are to do. These carefully selected non-surgical aesthetic treatments are minimally invasive and will therefore cause you little discomfort. Dermal fillers provide subtle but incremental improvements to the quality, look and feel of your skin and your overall feeling of well-being over time.

Each treatment takes about 15-40 minutes. There is no downtime and you can return to work immediately after this procedure.

Hyaluronic acid dermal filler – This is a 'cosmetic' dermal filler made of crystal-clear gel CONTAINING Non-animal stabilised hyaluronic acid and is a natural substance that already exists in the human body and is used to provide volume and fullness to the skin. It is biodegradable and completely biocompatible with human hyaluronic acid.

AFTERCARE —

Following your dermal filler injection treatment, there is advice to adhere to that will help optimise the results of your treatment below.

- **Avoid touching any treated areas for at least 6 hours.** Then the areas can be washed gently with soap and water and light make-up can be applied. If the area is tender, apply some **ice covered in cloth** to the treatment site.
- **Do not** engage in any **strenuous exercise** right after the treatment.
- Avoid the **heat** (hot baths, showers), **and sun**, as sun exposure will reduce the persistence of the product.
- **Massage the treatment site** if you experience any lumpiness.
- **Do not apply any creams** which contain alpha hydroxyl acids.
- Clients who have had **cold sores** in the past should note that there is **always a risk** that injecting any product around the lips may cause the cold sores to flare up.
- Clients taking **aspirin or anti-inflammatory medication** should be aware that this could increase bleeding and bruising at the sites of injection.
- Avoid long distance flying for 24hrs
- Avoid dental treatment for 24hrs

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