



Dermal Fillers Information

What are dermal fillers?

Dermal fillers are non-surgical cosmetic treatments used to bring a more youthful appearance by restoring volume or fullness to the face and lips. They work by reducing or eliminating lines, wrinkles and folds in the skin and the effect is seen immediately after treatment.

As skin ages, both naturally and because of other factors such as sun damage, smoking, and poor diet, we lose collagen, fat and other natural moisturising substances from our skin. These can be thought of as the natural 'scaffolding' that keeps it looking young and feeling firm. With less of these, our skin becomes thinner and we start to see lines, wrinkles and folds developing. This is usually more noticeable on our faces.

Put simply, dermal fillers are used to restore that lost volume in the face by plumping out lines, wrinkles and folds.

What are dermal fillers made of?

Various kinds of safe, man-made materials are used as dermal fillers; these have been specifically developed over the years for use in the skin.

Hyaluronic acid

HA is found naturally throughout our bodies: in our skin, bones, joints, and eyes. It acts as a lubricant and moisturiser due to its ability to attract and store water. Hyaluronic Acid is clinically produced, usually from bacterial, not from animal or human sources.

How are fillers supplied?

Dermal fillers are supplied in a pre-filled sterile syringe for injection. They are manufactured in different thicknesses; some are more gel-like, and others are more liquid. The thicker ones are used to restore the deeper folds or wrinkles such as those between the nose and corner of the mouth and for volume enhancement in the cheek and chin. The thinner ones are used more superficially for fine lines such as crow's feet.

Is the treatment uncomfortable?

A local anaesthetic cream is used to make the treatment as comfortable as possible. For treatments near the mouth, such as lip treatments, your practitioner will freeze the area with an injection which is similar to a dental anaesthetic. After the treatment your practitioner will give you aftercare instructions to maximise its benefits.

Are there any adverse effects?

Many thousands of dermal filler treatments have been carried out in the UK and even more around the world, with few serious or lasting side effects.

Most people can return to their normal daily life immediately after the treatment. However, your practitioner will explain the possible side effects during the initial consultation. The commonest side effects are related to the fact that you have had injections in the area being treated, they typically last only one to three days. These side effects can include slight bleeding and mild bruising, swelling may also occur around the area. If you have lip treatment swelling can last 3-5 days, otherwise it is transient.

Allergic reactions to dermal filler treatment are rare but can include: redness, itching, swelling, and hardness, or small bumps under the skin. These side effects may last for weeks or months and sometimes longer, fortunately they are very rare.

If you have a history of cold sores, dermal filler treatment in that area might cause them to break out again. Your practitioner may prescribe a course of anti-viral tablets (e.g. acyclovir) immediately after the treatment and for a few days afterwards, to reduce the possibility of a recurrence.

How long do dermal fillers last?

The length of time that dermal fillers last depends on the type of filler used and the area injected. On average, you would expect the results of a Hyaluronic Acid dermal filler to last around 6-12 months. Thicker dermal fillers tend to last longer than those used for finer lines.

Can anyone have dermal filler treatment?

Whilst most people can benefit from this treatment, there are certain medications and conditions that preclude its use. Your practitioner will ask a number of questions to ensure that dermal fillers are appropriate. If you are pregnant or breast-feeding you would be advised to delay treatment until breast-feeding has finished, this is simply a precaution.



PRE-OPERATIVE PREPARATIONS

1. We would recommend you start taking Arnica anti-bruising tablets (Holland & Barratt). 2 tablets three times a day 2 weeks before and after surgery.
2. Avoid aspirin, Ibuprofen, Nurofen and other similar painkillers 1 week before surgery and for **two weeks after surgery**. Paracetamol is the safest painkiller to take, if necessary.
3. Stop Vitamin E and its compounds such as evening primrose oil and fish oils, also garlic and garlic capsules, one week before surgery and for **two weeks after surgery**.
4. Please come to your appointment without make-up



Dermal Fillers aftercare instructions

- Directly after treatment, there may be slight redness, swelling, tenderness and a numb sensation in the treated area. Occasionally bruising may occur around the treated area. This is an average result of the injection. The irritation is short-term and in general vanishes in a day or two. If the inconvenience continues, or if any other reaction occurs, please contact your practitioner or GP.
- The initial swelling after lip treatment may last longer. Some patients experience swelling for about a week and the lips can look somewhat uneven during this time. This means that the result directly after the treatment should not be looked upon as the final result
- Avoid touching the treated area within the following six hours. After that, a light make-up can be applied and the area can be gently washed with soap and water
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (ie solarium and sunbathing) or extreme cold or other intense facial treatments for one week after treatment.
- Aerobic exercise should be avoided for 24 hours
- Hot baths are not advised for 24 hours. Quick showers are recommended
- Cold packs, aloe vera or any other cooling preparation may be used to ease any temporary discomfort
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores.
- If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site.
- Finally, since the aesthetic products dissolve over time, the correction does not last forever. Many people choose to have regular top-up treatment.

IF YOU EXPERIENCE ANY PROBLEMS OR HAVE ANY QUERIES FOLLOWING YOUR SURGERY / TREATMENT, PLEASE CALL THE CLINIC ON 0121 456 7930 (MON-FRI 8AM-5PM). OUT OF HOURS, OUR EMERGENCY PHONE NUMBER IS 07595 278223.