



DERMAL FILLERS

Wrinkles can be corrected using different procedures. Volume loss due to age or illness is generally addressed by injecting special filler materials. Filler is injected into the skin to soften wrinkles, folds or volume deficits by adding volume.

This information sheet outlines the suggested treatment, its risks, and pre- and post-treatment care instructions. It is important that you read all information carefully and completely. Your doctor/nurse may provide you with additional or different information which is based on your particular case.

TREATMENT AREAS

- Wrinkles and fine lines
- Deep creases and folds
- Tear troughs
- Scars and uneven skin
- Lip enhancement
- Volume loss in the face
- Contouring the jaw line
- Nose reshaping

CONTRAINDICATIONS

Some patients are not suitable for dermal fillers and treatment should be avoided if:

- You are allergic to any of the ingredients.
- You tend to develop keloids or granulomas, or have inflamed or infected skin.
- You have permanent implants.
- You are taking anticoagulants.
- You suffer from a systemic disease (autoimmune disease, diabetes, rheumatism, endocarditis).
- You are pregnant, breast-feeding or under 18 years of age.

PRE-TREATMENT

It is important that your skin is clear of rashes, infections and cold sores. If you are prone to cold sore outbreaks, it is advisable that you mention this to your doctor at the time of your initial consult and commence a course of anti-viral medication a week prior to your appointment and for a week after the treatment. If you are taking any medications or supplements that promote bruising (and are not medically necessary), stop them at least two weeks prior to your appointment. Do not stop any medications without consulting your GP first.

DURING THE TREATMENT

You will be seated upright in a height-adjustable chair. Facial volume and correction cannot be made correctly if the patient is lying back without the effects of gravity apparent. All make-up must be removed beforehand and your face will be cleansed with an antiseptic solution. We mix our fillers with a local anaesthetic prior to injection but, if you are extremely needle-phobic, speak to our nurse about application of a topical anaesthetic cream at least 30 minutes prior to your appointment.



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Injection sessions usually take between 30 and 45 minutes. A nerve block is often advisable for injections in the lip area. This can be discussed with your doctor. The dermal filler is injected under the wrinkle or into the volume defect and fills it from beneath. To ensure an even correction, your doctor will massage the treated area which may cause temporary redness to your skin. In most patients, visible improvement can be seen immediately. The improvement depends on the depth of the wrinkle or the volume defect to be treated.

SIDE EFFECTS

Some risks associated with filler treatments include:

- Bleeding, pain or discomfort during and after the treatment.
- Tenderness, bruising and swelling for up to two weeks.
- Feeling faint during the procedure.
- An uneven result or filler lumps which may require correction.

Uncommon side effects include:

- Permanent granuloma or nodule formation that may require surgical correction and may be untreatable. This is rare with temporary fillers.
- Necrosis or ulceration of the skin.
- Allergic reaction or anaphylaxis.
- Prolonged redness, postule or scar formation at the injection sites.
- Infection and subsequent scarring.
- Nerve damage and subsequent numbness or weakness.
- Loss of vision or blockage of the tear duct.

AFTERCARE

- Allow your skin to rest and do not apply make-up for at least an hour.
- You can prevent or treat swelling with cold compresses or ice packs.
- Avoid using saunas and steam baths for two weeks after treatment.
- Avoid sun exposure, cold and pressure of any kind on the treated areas.
- If palpable nodules form, massage the affected areas to distribute the material.
- It is normal to feel a firmness in the injected area for the first few days. Over time, the area will soften to leave a natural looking result.
- The area may be gently washed after a few hours. Avoid scrubbing or rubbing.
- Immediately report any worsening or persistent side effects to your doctor.

If you have any questions or concerns, please call us on 6228 0041.