

Patient information Dermal Fillers

- The majority of brands are made from hyaluronic acid
- Immediate results
- Single treatment
- Minimal downtime
- Lasts 6-18 months depending on the product used and site of treatment

What is hyaluronic acid?

Hyaluronic acid is a naturally occurring sugar chain molecule found in all skin and soft tissues throughout the body, identical across species. It attracts and binds water in the skin, providing volume and hydration, but also 'cushioning' and supporting collagen and elastin fibres and providing a medium, or carrier, for chemical messages between the cells.

Dermal fillers are manufactured, usually through fermentation and cross linking with proteins to produce a clear, sterile gel for injection into the skin.

In the UK, there are over 160 brands on the market due in some part to weak regulation. Not all hyaluronic acids are the same and legitimate brands are NOT available for general sale on the internet and should only be administered by trained clinicians.

Each brand has a range of 'tissue tailored' products designed for specific results. One size does not fit all.

Leading and well established brands include, but are not limited to ;

- Juvederm™ (FDA 2006)
- Restylane™ (FDA 2003)
- Belotero™ (FDA 2011)
- Teosyal™
- Emervel™

The brand used by Simply Fox is Juvederm. For more information go to www.juvederm.co.uk

How does it work?

Hyaluronic acid dermal fillers are a clear sterile gel in a syringe for injection into the skin providing instant correction.

Used to treat

- To correct or enhance facial contours; cheeks, temples, jawline, nose, chin

- To define, correct or enhance lips
- To soften and correct facial wrinkles or folds
- To restore lost volume in hands to reduce the appearance of veins and tendons
- To correct hollows under the eyes (tear troughs)
- To improve the tone, texture and hydration of the skin

Does it hurt?

Most leading brands also contain a local anaesthetic and most clinicians will apply topical anaesthetic cream, or ice, prior to treatment to numb the skin. Treatment need not be painful.

Prior to treatment, local nerve infiltration LNI (also known as a dental block) using local anaesthetic to numb the area can be administered if you are suitable - please ask for more details.

After treatment

Your practitioner will provide aftercare advice designed to minimise risk and promote speedy recovery from any expected side effects.

Most people are able to continue with normal activities with immediate improvement in their appearance. Some will have some redness, pin prick marks, possibly swelling- particularly in the lips. Possibly bruising. Any swelling and bruising may be more apparent the next day.

Make-up should not be worn for 12 hours and try not to touch the treatment areas for at least 6 hours to reduce the chance of introducing infection.

You will be advised to avoid alcohol for 24 hours and vigorous exercise, sunbathing, and extremes of heat or cold for 48 hours post treatment.

How long will it last?

Longevity does vary between products, and between individuals, but most will last between 6 months and 18 months.

Is it safe?

All treatments carry a degree of risk. All risks and complications will be discussed with you at consultation and prior to any treatment being agreed.

Dermal fillers should only be administered by a healthcare professional with specialist training.

Side effects include, but are not limited to;

- Redness
- Swelling
- Bruising
- Itching
- Tenderness

The above are temporary and usually resolve within the first few days, swelling is often marked the next morning but settles within hours, bruising can take a week to 10 days to resolve and can sometimes persist for longer.

Am I suitable for treatment?

There are a number of medical conditions and or medicines that may affect the decision to treat or the treatment plan. A full medical history and assessment of your expectations is necessary in advance of any decision to treat.

With any injectable treatment; treatment is not recommended:

- **If you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).**
- If you have previously experienced allergic reactions to any dermal filler or local anaesthetic.
- If you are taking any medicines which affect bleeding, such as aspirin or warfarin.
- If you are taking steroids or have autoimmune disease.
- If you have any bleeding disorders.
- If you suffer from a poorly controlled medical condition.
- If you are pregnant or breastfeeding.
- If you are currently or have recently completed a course of Roacutane (Isotretinoin acne treatment) in the last 18 months.

When Caution Needs to be Taken

Injections on the face can trigger the cold sore virus. If you are a sufferer, you must advise your clinician in advance of treatment.

- If you have recently had treatment with any other dermal filler.
- If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you.
- Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol - which should be avoided the day before and after treatment. Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.
- Safety has not been established for those skins susceptible to keloid scarring.

If, having had treatment, you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.