Treatment Information Dermal Fillers

# Overview

Dermal fillers are a multi-functioning treatment and can be used to reduce deep lines and wrinkles, fill hollows and smooth the contours, as well as adding or restoring volume to areas of the face such as lips or cheeks.

At around the age of 25, the body stops producing collagen and elastin, the two proteins that work together to keep tissue firm and skin elastic and the existing collagen in the body begins to break down. Without these two proteins, the body begins to display the typical signs of ageing (things like sunken cheeks, hollow eyes, deep lines and wrinkles) as the body no longer has a means of keeping tissue strong and skin supple.

Anti-ageing facial fillers are a non-surgical solution to achieve younger looking skin and smooth tired lines and wrinkles, providing natural looking rejuvenated outcomes.

Some of the benefits of dermal fillers include:

* Immediate results
* Single treatment
* Minimal downtime
* Less invasive than cosmetic surgery
* Lasts 9-18 months depending on the product used and site of treatment

Some of the common treatment zones include:

* Tear troughs (dark circles under the eyes)
* Reduction of deep wrinkles (nasolabial folds, marionette lines)
* Lip enhancement
* Cheek bone formation
* Define and enhance facial contours e.g. jawline, chin
* Non-surgical rhinoplasty (nose job)
* Hand rejuvenation
* To improve tone, texture and hydration of the skin

# What is hyaluronic acid and how does it work?

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.

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

Dermal fillers are manufactured, usually through 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™
* Intraline™

# What results can I expect?

Results are immediate although the product hydrates over time which provides a small degree of additional volume enhancement. You will likely have some initial bruising / swelling after treatment which will settle over 1-2 weeks after treatment.

The dermal fillers used are temporary and will be broken down by the body naturally after time. Results last anywhere between 9 – 18 months depending on the type of dermal filler used, and your medical practitioner should be able to advise you on which is right for you.

# 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 procedure, treatment may not be recommended if:

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

# After treatment

* Your practitioner will provide aftercare advice designed to minimize the 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.
* There may be some associated bruising which will settle over the next few days.
* Any swelling and bruising may be more apparent the next day and it may help to apply ice

*with caution* to the area.

* Make-up should not be worn for 24 hours

You will be advised to avoid alcohol, vigorous exercise, sunbathing, and extremes of heat or cold for 14 days post treatment.

*Please be aware, if you have had local anaesthetic in and around the area treated (especially lips) then be very cautious with hot food and drinks for 12 hours post treatment.*

# Is it safe?

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

# 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.

# How long will it last?

Longevity does vary between products, and between individuals, but most will last between 9 months and 18 months.

# Further help or information needed?

If you develop problems or complications following treatment that you are concerned about, please attend A+E or consult your GP in case of medical emergency. Otherwise contact us. Where appropriate we will provide telephone consultation and / or follow-up assessment +/- treatment.