



Let's talk DERMAL FILLER ✂ ✨

Dermal filler is made of hyaluronic acid, a substance we have in our body naturally which helps keep skin voluminous and hydrated – so when we inject, it helps with both. I only use premium products in clinic - my preferred brand of fillers are Teoxane and Juvederm.

Where and why is dermal filler used?

It can be used in many areas of the face for different indications depending on the desired result. It can help with volume, shape and facial contouring. In younger people this is often used for facial balancing, correcting asymmetry or adding definition/volume to the lips.

As we age there are many changes in different layers of the face – from bone, to fat pads, to skin. In our late 20s and 30s we can target these different areas with subtle tweaks to delay the ageing process. In more mature clients facial filler is excellent restoring volume loss in different layers, providing a softer, more youthful appearance while keeping things super natural!

Common treatment areas include:

- Cheeks/mid-face
- Lips (border for definition, body for volume)
- Peri-oral lines, 'smokers lines'
- Nasolabial lines (nose to mouth lines)
- Marionette lines (mouth to chin lines)
- Chin
- Jaw

Procedure/Appointments

- Appointment: 1-1.5 hours
 - Numbing cream is applied for 20-30mins, treatment plan discussed, treatment itself usually takes around 20 mins
- Main side effects: Swelling almost certain (24-48hrs peak), bruising not uncommon
- Back to work: Following day (no exercise/make up/alcohol for the rest of the day)
- Maintenance treatment: Very dependent on individual and area/product used
 - E.g. lips 6-12 months, cheeks ~18 months
- No sunbathing/sunbeds for 2 weeks

Top tip: After around 2 weeks your filler will be completely settled. I always recommend booking treatment at least 2 weeks before a big event, but ideally 6-8 weeks before.

How much does it cost?

- Very dependent on area/product/volume used.
- E.g. lip filler from £150, cheek/mid-face filler from

