

Patient aftercare Information Sheet – Dermal Fillers



What are dermal fillers?

Dermal fillers have been used for decades in improving the volume under the skin to lift wrinkles and smooth lines. All the fillers which we use at K S Aesthetics Salisbury use are top brand, from approved UK pharmacies.

The filler brand that we primarily use is called Juvederm, who have a variety of different products to meet the patients need. They are all are non-permanent, long lasting forms of sterile Hyaluronic Acid.

What is Hyaluronic Acid?

Hyaluronic Acid is a naturally occurring sugar chain molecule found in all skin and soft tissues throughout the human body. This filler gel lifts and hydrates the skin bringing about an instant smoothing effect and restoring a younger look, and it remains under the skin for 4 – 12 months depending on depth and product. Hyaluronic is good for your skin – to have it underneath really boosts your skin as it boosts your collagen.

What to do after treatment?

After treatment it is expected that you may see some redness at the injection points and this should reduce within 1-2 hours. There may be swelling and bruising and an itching sensation in the treated area which could take a couple of days to recover. It is normal for the filler under your skin to feel firm and tender to direct touch, but this will soften and become less sensitive over 2-4 weeks.

After having Dermal Filler injections to the face, we ask that you **refrain** from:

- Rubbing or massaging the treated area for 24 hours
- Strenuous exercise or activity for 24 hours
- Exposure to extreme temperatures for 2 weeks e.g. – saunas and sun beds
- Alcohol for 24 hours
- Avoid facial massages or electrical stimulation of the face for the next 2 weeks.

Reduce the Chance of Infection:

- Do not touch your face up in the areas injected
- Do not apply make up for 12 hours

Swelling may worsen in the first 24 hours, and then should settle within the first few days. If you experience any adverse effects, contact K S Aesthetics Salisbury and your GP as necessary.

Cold packs can be helpful in reducing swelling. As a consequence of swelling, the product may feel harder or lumpy and you may notice some asymmetry. The final result may be judged at 2 weeks when you are invited to a review appointment, if you choose.

Please contact K S Aesthetics Salisbury if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.

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.

Common side effects include, but are not limited to:

- Bruising
- Swelling at injection sites
- Redness at injection sites

Adverse reaction awareness

Severe Allergy: Hyaluronic Acid administration can result in anaphylaxis (a severe allergic reaction) which can be life threatening and requires immediate medical attention.



Rare side effects can include, but are not limited to:

- Difficulty swallowing
- Difficulty breathing
- Difficulty speaking
- Widespread rash/itchy welts

If you have the above symptoms, which may indicate a serious allergic reaction, seek immediate medical attention via 111/999 as this is a clinical emergency.

If you believe you are having an adverse reaction to your treatment, which is outside of the listed common side effects, such as:

- Sudden severe pain
- Unusual swelling or discolouration
- Blanching or mottled skin

You must report this to us immediately as we are trained and equipped to deal with any possible post treatment complications. You will have contact details of your practitioner and this must be used even out of hours in an emergency or if you are concerned. If necessary, we will arrange to see you either in clinic or at your home out of hours if deemed necessary for any emergency concerns.

Caution...

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, and you may be advised to take medication prior to treatment, especially for lip fillers.

If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site.

Athletes should be aware some ingredients in the product may show a positive in 'anti-dope tests'

If you are at all concerned about symptoms you were not expecting, please contact K S Aesthetics Salisbury practitioner via hello@ksaestheticssalisbury.com for advice.

If necessary, an appointment will be made for you to be seen.

If you are unclear with any aspects of the procedure, please ask your practitioner for information prior to giving your informed consent to proceed with the proposed treatment.