

# Dermal filler, skin booster treatments

Patient information leaflet

Plastic Surgery

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## Dermal Fillers

The dermal fillers, that Miss Kelemen uses, are composed of hyaluronic acid (HA). HA is a naturally occurring substance in the body so allergic reactions are less likely to occur than with the older products or those that are not naturally found in the body. HA is a clear gel that is injected in small amounts underneath or into the skin to plump out the area. There are numerous HA fillers on the market but some examples of those that Miss Kelemen uses are the Belotero™ ranges from Merz Aesthetics®.

<p><b>BELOTERO<sup>®</sup> VOLUME</b> LIDOCAINE</p> <p>Restoration of facial volume in:</p> <ul style="list-style-type: none"><li>• Cheeks and cheekbones</li><li>• Chin</li><li>• Facial volume loss</li><li>• Temples</li><li>• Jawline</li></ul> 	<p><b>BELOTERO<sup>®</sup> BALANCE</b> LIDOCAINE</p> <p>Correction of moderate lines, such as:</p> <ul style="list-style-type: none"><li>• Nasolabial folds (nose to mouth lines)</li><li>• Moderate perioral lines (smokers lines)</li><li>• Lip contouring</li><li>• Tear trough</li><li>• Marionette lines</li></ul> 	<p><b>BELOTERO<sup>®</sup> INTENSE</b> LIDOCAINE</p> <p>Correction of deeper lines, such as:</p> <ul style="list-style-type: none"><li>• Deep nasolabial folds (nose to mouth lines)</li><li>• Lip volume</li><li>• Marionette lines</li></ul> 
<p><b>BELOTERO<sup>®</sup> SOFT</b> LIDOCAINE</p> <p>Correction of fine lines, such as:</p> <ul style="list-style-type: none"><li>• Fine lines around the mouth</li></ul> 	<p><b>BELOTERO<sup>®</sup> Lips</b> Shape and Contour</p> <p>Lip enhancement, such as:</p> <ul style="list-style-type: none"><li>• Lip augmentation and enhancing the upper and lower lip</li><li>• Lip contouring and lip surface smoothing</li></ul> 	<p><b>BELOTERO<sup>®</sup> REVIVE</b></p> <p>Revitalisation of early-onset photodamaged facial skin, as characterised by:</p> <ul style="list-style-type: none"><li>• Dehydration</li><li>• Skin roughness</li><li>• Loss of elasticity and firmness</li><li>• Presence of superficial fine lines</li></ul> 

## Indications

Indications for procedure HA fillers are used to fill out wrinkles or lines in the face and to add volume or more definition to areas of the face e.g. lips, cheeks, around the eyes, nasolabial folds. They can also be used to subtly reshape noses in some people. HA fillers can give a very natural rejuvenating effect to the face, and they can also be used to augment or enhance areas such as the lips.

Suitable areas for HA fillers include:

- Lips
- Lines around the mouth and chin
- Cheeks
- Under eye area

**MERZ AESTHETICS<sup>®</sup>**

- 8 point/liquid facelift – this is when 8 specific points on each side of the face are treated with tailored amounts of HA filler to achieve a subtle rejuvenating effect on the entire face.
- Nose
- Hands
- Deeper wrinkles that have failed to respond to botulinum toxin (Botox™) treatments

Dermal fillers may be used in conjunction with other facial rejuvenation techniques such as Botox or surgical procedures such as facelifts to complement and enhance facial rejuvenation.

## Contraindications for procedure

You should not have HA filler treatments in the following situations:

- You are pregnant or breastfeeding
- You have a history of lumpy or keloid scars
- If your skin is very thin such as after steroid medications, it may not be suitable for dermal filler injections.
- If you take medication or supplements that thin your blood you will be more at risk of bruising or bleeding after the procedure and may not be suitable for treatment with dermal fillers.
- Please inform Miss Kelemen of all products taken.
- If you suffer from cold sores, you may need to take a course of antiviral medication prior to treatment to prevent reactivating the cold sores. Please inform Miss Kelemen if you have suffered from cold sores.

## Procedure details

Dermal fillers can be given in an outpatient setting. A needle or cannula is used to inject the filler into the treatment areas. It takes 15 to 50 minutes depending on how many areas are being treated. An ice pack or local anaesthetic cream may be used to soothe the area prior to injection and help reduce bruising. The injection can sting a little during the procedure but most of the HA products that Miss Kelemen uses also contain local anaesthetic to aid in your comfort. The area will be gently massaged afterwards. Pre and post treatment clinical photographs of the treated areas are taken.

## Post procedure course

Some redness and swelling occurs around the treated areas but this generally settle quickly. You will need to avoid sun exposure until this resolves. There may be some initial discomfort, but this settles and if necessary, analgesia such as paracetamol can be used.

## Recovery

Cool compresses may be useful to reduce any swelling or bruising. Any medication or supplements that increase the risk of bleeding such as aspirin, St John's wort extracts, herbal supplements which cause bruising and ibuprofen should be avoided for 5 to 7 days. Exercise should be avoided on the day of treatment. You can wash your face afterwards with soap or plain face washes and water. Cosmetics can be applied to your face afterwards.

## Complications

While most treatments go very smoothly and patients are delighted with the results, as with any procedure there are some risks associated with HA dermal fillers.

- Bruising, swelling and tenderness at the injection sites can occur.
- Allergic reactions to HA are rare but can happen.
- Occasionally contour irregularities or "lumpiness" can occur.
- Infection around the injection sites can occur although this is rare
- If overtreatment of an area occurs, the area is firmly massaged to help distribute it more widely and reduce the effect until the body resorbs the HA.
- If necessary, an injection can be used to dissolve the HA in the overtreated area but it is best to try to avoid being in this situation by subtle treatments.
- If an area is undertreated, a "touch-up" treatment can be given at your follow up appointment.
- In some very rare cases, areas of skin necrosis (skin tissue death) have occurred when the HA filler has blocked a blood vessel to the skin. Should you find yourself in this situation, the HA filler will be treated to dissolve it and you may require further treatment of the skin surface to improve the blood supply. Further treatment of the involved skin depends on the location and extent of the problem. In many instances, no further treatment is required other than monitoring while corrective treatment is necessary in some.
- In even rarer situations blindness has been reported in the medical literature when the filler has blocked a blood vessel to the eye and again treatment to dissolve the HA filler is necessary. Further treatment depends on the severity of the problem but would certainly require assessment by a Consultant Ophthalmologist (eye specialist).

## Longevity of procedure

Miss Kelemen does not use permanent dermal fillers as they are associated with more problems than HA fillers. The fillers used in her practice last between 6 to 18 months. They are then naturally broken down in the body. Repeat treatments are scheduled at that stage to maintain the effects.

## Profilo™

Profilo™ is a hyaluronic acid-based product which opens up a new category of injectable treatments known as bio remodelling. The bio regenerating effect stimulates the body's own hyaluronic acid production and elastin, which tightens the skin, and remodels the face. It differs from conventional filler as rather than adding volume, Profilo™ repairs the scaffolding under the skin in order to remodel the skins' structure, treating skin laxity and restoring firmness, hydration and elasticity to large areas.



### How does it work?

Boosting the skins hyaluronic acid revitalises the skin, instantly diminishing the appearance of lines and wrinkles, giving a softer natural look. Profilo™ has one of the highest concentrations of hyaluronic acid on the market. It is a synthetic gel that is closely matched to the skins natural hyaluronic acid. The gel has extensive spread-ability, allowing a small amount of product to produce a desired result over a large area.

### What does Profilo™ injections involve?

- Profilo™ is injected into the skin using a very fine needle.
- Numbing cream can be used to make the procedure more comfortable.
- It usually takes about 30 minutes.
- Profilo™ does not affect facial expression and the benefits are usually seen over the following few days

- Downtime is minimal, it is possible to get redness, swelling, bruising and tenderness shortly after treatment.
- Reactions like these are usually mild and will resolve within 2 days - 2 weeks.
- It is recommended to have 2 treatments 4 weeks apart, and then a follow up treatment every 6-9 months.

## Contraindications

- Pregnancy
- Breastfeeding
- Infection
- Skin disease

## How long does it last?

Duration of effect depends on several factors, such as skin type, skin condition, age and lifestyle. After the full course of 2 initial treatments, you would expect it to last for 6 months.

## Is it painful?

Local anaesthetic cream can be used to reduce discomfort. The treatment can produce mild pain, however, is generally well tolerated.

## Is it safe?

Profilo™ has an excellent safety record since its launch in 2015. Product related reactions are rare. However, there is always a possibility of redness, swelling, bruising and tenderness over the site. There are other rare complications that Miss Kelemen will discuss prior to treatment including infection and vascular occlusion as mentioned above.



## Polynucleotides - latest regenerative skin treatments

### What are regenerative treatments (polynucleotides)?

Polynucleotides are a newly emerging trend in anti-ageing injections that stimulate tissue repair and encourage restoration and regeneration of the skin from within. They can be used in a wide range of applications as a rejuvenating treatment for older skin and as a preventative treatment for younger skin.

**Polynucleotides (full name polydeoxyribonucleotides)** are long chains of nucleotides that make up DNA and RNA molecules. They are derived from fragments of fish (usually salmon) DNA (which resemble human DNA), which means they have the ability to function as a biostimulator, kick-starting regeneration in the skin. Not only are they anti-inflammatory, thanks to their antioxidant properties, but they increase collagen production, resulting in a thicker, healthier epidermis.

### Benefits of polynucleotides

Research shows that polynucleotides can increase collagen by up to 47% in 23 days and help create a thicker, healthier epidermis with improvements of 52% in 23 days. With a range of applications, the benefits of polynucleotides include:

- Stimulating the production of collagen and elastin, which helps to improve skin elasticity and firmness, enhancing the results of other treatments, as well as reducing the appearance of wrinkles and sagging skin
- Reducing inflammation, restoring volume and hydration to the skin
- Helping to protect the skin from damage caused by the sun
- Little downtime compared to other injectables

### Polynucleotides treatment applications

Polynucleotides are being used to reverse the ageing of tissues and repair scarring by tackling the concern from the source, in contrast to the traditional approach, for example with fillers, which focuses on treating symptoms. Some of the applications of polynucleotides include:

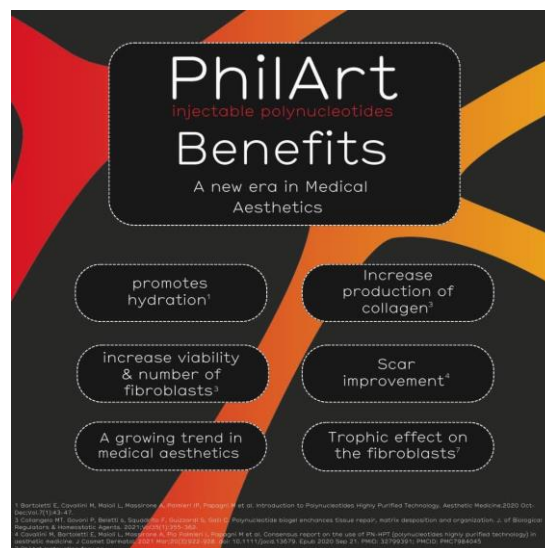
- Rejuvenating treatment for older skin to treat fine lines and wrinkles
- Preventative treatment for younger skin
- Rehydration for dull skin at any age
- Treating dark circles as an alternative to tear trough fillers
- Strengthening delicate areas of skin such as around the eyes and mouth
- Reducing inflammation to help with conditions such as rosacea
- Treating hyperpigmentation, sun damage, scarring, stretch marks and acne



- Treating alopecia and hair loss

In addition to their success rate with these applications, polynucleotides work well alongside other treatments, enhancing their effects, such as by boosting the longevity of anti-wrinkle injections or aesthetic surgical operations such as face-neck lift, eyelid surgeries, brow lift and temple lift.

- **Treatment Time:** 15 - 30 minutes
- **Recovery Time:** Same day
- **Results:** 2-3 days
- **Results Duration:** 3-6 months





Further information : [www.noemikelemen.com](http://www.noemikelemen.com)

***Thank you for taking the time to read this information leaflet.***

***Please sign below to confirm that:***

- I have read and understood the specific information leaflet provided to me by Miss Kelemen.***
- I understand that this specific leaflet is a detailed guide only, providing useful information and is not replacing a thorough consultation outlining my specific needs and circumstances***
- I understand that I will be required to sign additional consent forms during my treatment course***

***I consent and wish to proceed with the below marked treatment provided by Miss Kelemen.***

<b><i>Belotero™</i></b>	<b><i>Belotero™</i></b>	<b><i>Profhilo™</i></b>	<b><i>Philart™</i></b>
<b><i>Volume</i></b>	<b><i>Revive</i></b>		
<b><i>Balance</i></b>			
<b><i>Intense</i></b>			
<b><i>Soft</i></b>			
<b><i>Lips</i></b>			

***Name: .....***

***Signature:.....***

***Date: .....***