



Jen Aesthetics
Medical

Dermal Filler & Lip Filler

PATIENT INFORMATION & AFTERCARE

PLEASE READ BEFORE YOUR TREATMENT

This guide explains what to expect, important aftercare and when to seek advice. Please keep it for reference after your appointment.

Safe • Evidence-based • Patient-centred

Thank you for choosing Jen Aesthetics Medical

This information is designed to help you understand your dermal filler treatment, what you can realistically expect, how long results may last, possible side effects and complications, and how to care for yourself following treatment.

Please read this information carefully and keep it for your reference.

What is dermal filler?

Dermal fillers are injectable medical devices used to restore or enhance volume, support and contour in specific areas of the face.

At Jen Aesthetics Medical, I primarily use hyaluronic acid (HA) dermal fillers. Hyaluronic acid is naturally found within the body and has the ability to bind water, making it useful for restoring volume and improving hydration and structure within the tissues.

Dermal fillers can be used for a wide range of aesthetic concerns, including restoring age-related volume loss, enhancing facial proportions, improving definition and supporting areas where facial tissues have changed with age.

Depending on the product and treatment area, filler may be placed using a needle, cannula or a combination of techniques.

What can dermal filler be used for?

Depending on your individual anatomy and treatment goals, dermal filler may be used to:

- Restore lost facial volume
- Improve facial proportions and harmony
- Enhance or define the lips
- Improve lip asymmetry
- Improve chin projection and definition
- Support the lower face
- Improve the appearance of the cheeks
- Address areas of facial hollowing
- Improve facial contour and definition
- Soften the appearance of certain lines or folds

Not every treatment is suitable for every patient.

My recommendation will be based on your individual anatomy, skin quality, facial structure, previous treatments, medical history and what you are hoping to achieve.

Lip filler

Lip filler is used to enhance, define or restore the lips.

Treatment can be used to improve:

- Lip volume
- Lip definition
- Lip symmetry
- The border of the lips
- Proportion between the upper and lower lip
- Age-related loss of lip volume

My approach to lip filler is generally conservative and tailored to your individual lip anatomy.

The aim is not to create a standardised “perfect” lip shape, but to enhance your existing features and create a result that is balanced with the rest of your face.

If you have never had lip filler before, we may recommend a more conservative amount initially and reassess the result once swelling has settled.

Your consultation

Before treatment, I will carry out an assessment of the area you wish to treat.

We will discuss:

- Your concerns and treatment goals
- Your medical history
- Previous aesthetic treatments
- Any medication you take
- Allergies
- Previous reactions to dermal filler
- Previous or planned dental treatment where relevant
- Your expectations
- The benefits and limitations of treatment
- Potential risks and complications
- Alternative treatment options
- Whether dermal filler is appropriate for you

I will also assess your facial anatomy and existing symmetry.

Where appropriate, I may recommend a different treatment or advise that filler is not the most suitable option.

You should never feel pressured to proceed with treatment.

Your treatment

Before treatment, the area will be cleansed and prepared appropriately.

Depending on the area being treated, topical anaesthetic may be used to improve your comfort.

Dermal filler can be administered using a fine needle, cannula or a combination of both.

You may experience:

- Pinching
- Stinging
- Pressure
- A pulling or tugging sensation when a cannula is used
- Temporary discomfort

Most dermal fillers contain lidocaine, which helps to improve comfort during treatment.

Treatment time varies depending on the area being treated and the amount of product required.

When will I see the result?

You will usually see some immediate improvement following dermal filler treatment.

However, the result you see immediately after treatment is not necessarily your final result.

Swelling can temporarily make an area appear larger, uneven or different from the intended result.

The tissues need time to settle.

For this reason, I recommend allowing the initial swelling and inflammation to settle before making any decisions about further treatment.

For lips in particular, swelling can be significant and may be more noticeable the following morning.

I generally recommend allowing approximately 2–4 weeks for the tissues to settle before assessing the maximum result and deciding whether any further treatment is appropriate.

How long will dermal filler last?

The longevity of dermal filler varies considerably between individuals and treatment areas.

Depending on the product used, treatment area and individual factors, results may last many months and sometimes longer.

Factors that can influence longevity include:

- The product used
- The area treated
- The amount of product used
- Your metabolism
- Your age
- Facial movement
- Lifestyle
- Previous treatments
- Individual response

As a general guide, lip filler may require maintenance approximately every 6–9 months, although some patients may experience a shorter or longer duration.

Areas such as the cheeks may last approximately 12–18 months or sometimes longer.

These timeframes are only a guide. Individual results vary and cannot be guaranteed.

Dermal filler is not permanent and further treatment may eventually be required if you wish to maintain the result.

Your result – an important reminder

Every face is different.

Facial anatomy, bone structure, skin quality, age, previous treatments, lifestyle and individual response can all influence your result.

Although I will always aim to achieve the best possible outcome based on your individual anatomy and treatment goals, results cannot be guaranteed.

Perfect symmetry cannot always be achieved because natural faces are not perfectly symmetrical.

The aim of treatment is to enhance your individual features rather than change your identity or make you look like someone else.

I will always prioritise a natural, balanced result over excessive treatment.

What can I expect immediately afterwards?

It is normal to experience some degree of:

- Swelling
- Redness
- Tenderness
- Bruising
- Mild discomfort
- Sensitivity
- Pin-prick marks
- Temporary unevenness
- Small areas of firmness or lumpiness

These effects are usually temporary.

Swelling can sometimes become more noticeable the following morning before gradually improving.

Lips are particularly prone to swelling.

The degree of swelling varies significantly between patients and can also vary between different treatment sessions in the same patient.

Chin filler – what to expect after treatment

Chin filler can feel more uncomfortable following treatment than some other areas of the face.

The chin is a relatively compact area and, depending on the amount and depth of filler used, you may experience a sensation of:

- Tightness
- Pressure
- Fullness
- Firmness
- Tenderness
- Mild aching
- Swelling
- Sensitivity when touching or moving the area

You may feel as though the chin is very full or “tight” during the first few days. This can be particularly noticeable when talking, eating or moving the lower lip and chin.

Swelling can temporarily make the chin appear larger or less defined immediately after treatment than the eventual result.

It is normal for the area to feel different while the filler and surrounding tissues settle.

Swelling is often most noticeable during the first few days and should gradually improve. The chin may continue to feel firm or tender for a period of time as the tissues settle.

You may also develop bruising, particularly around injection or cannula entry points.

What can help?

If the area feels uncomfortable:

Use a cool compress gently against the area.

Do not apply ice directly to the skin.

Avoid pressing, squeezing or massaging the chin unless specifically advised.

Avoid strenuous exercise for the recommended period.

Avoid excessive heat.

Take simple pain relief such as paracetamol if this is normally suitable for you and you have no medical reason to avoid it.

Allow the area time to settle before judging the final result.

When is chin discomfort not expected?

Although some tightness, swelling and tenderness can be normal following chin filler, significant or worsening pain is not something that should simply be assumed to be normal post-treatment swelling.

Please contact Jen Aesthetics Medical promptly if you experience:

- Severe or increasing pain
- Pain that appears disproportionate to the treatment
- Rapidly increasing swelling
- Significant skin colour change
- Pale, white, mottled, dusky or darkening skin
- Delayed or abnormal capillary refill
- Increasing redness or heat
- Any other symptom that concerns you

Please email photographs and details of your symptoms to:

jenny.stapleton63@gmail.com

If your symptoms suggest a medical emergency, seek urgent medical attention rather than waiting for a response to your email.

Lumps and unevenness

You may be able to feel small areas of firmness or lumpiness following treatment.

This can occur because of:

- Normal post-treatment swelling
- The presence of filler within the tissue
- Local inflammation
- Differences in the way the tissues respond
- Temporary uneven swelling

Do not massage or manipulate the area unless I specifically advise you to do so.

If you develop a persistent or concerning lump, please contact me so that the area can be assessed.

A face-to-face assessment may be required to determine the cause and the most appropriate management.

Aftercare

For the first 12 hours

Avoid applying make-up where possible.

Avoid unnecessary touching of the treated area.

Do not massage or manipulate the filler unless specifically instructed.

Keep the area clean.

Avoid applying pressure to the treated area.

For the first 24–48 hours

Avoid strenuous exercise until significant swelling has settled.

Avoid excessive heat, including saunas and steam rooms.

Avoid sunbeds and significant sun exposure.

Avoid facial massage and facial treatments.

Avoid excessive alcohol consumption.

Avoid unnecessary pressure on the treated area.

Avoid swimming until the initial swelling and redness have settled.

If swelling is uncomfortable, a cool compress may be recommended.

Do not apply ice directly to the skin.

Lip filler aftercare

Following lip filler, your lips may feel:

- Tight
- Swollen
- Tender
- Firm
- Uneven
- Sensitive

This is particularly common during the first few days.

For the first 24 hours:

Avoid very hot food and drinks until normal sensation has returned.

Avoid excessive heat.

Avoid strenuous exercise.

Avoid kissing if the lips are particularly tender or swollen.

Avoid pressing or manipulating the lips.

Avoid alcohol where possible.

Do not massage the lips unless specifically instructed.

Allow your lips time to settle before judging the final result.

Cold sores

If you have previously suffered from cold sores, please tell me before treatment.

Injections around the lips can sometimes trigger a recurrence of herpes simplex/cold sores.

If you develop a cold sore following treatment, please contact me for advice.

Possible complications

All medical treatments carry risks.

Most reactions following dermal filler are temporary, but complications can occur.

Common or expected effects

These include:

- Swelling
- Redness
- Bruising
- Tenderness
- Sensitivity
- Mild pain
- Temporary firmness
- Temporary unevenness

Less common complications

These may include:

- Persistent swelling
- Persistent lumps or nodules
- Asymmetry
- Over-correction
- Under-correction
- Filler migration
- Infection
- Delayed inflammatory reactions
- Cold sore recurrence
- Changes to skin texture
- Prolonged tenderness

Some delayed reactions can occur weeks or months after treatment and may sometimes be associated with illness, infection or other triggers.

If you develop a new lump, swelling or other unexpected change following dermal filler, please contact me for assessment.

RARE BUT SERIOUS COMPLICATION – VASCULAR OCCLUSION

A vascular occlusion is a rare but serious complication that can occur when blood flow through a blood vessel is compromised following dermal filler treatment.

If not recognised and treated promptly, this can result in tissue damage, scarring and, in severe cases, tissue loss.

Possible warning signs can include:

- Severe or increasing pain
- Significant or unusual pain compared with what would normally be expected
- Pale, white or mottled skin
- Unusual darkening or dusky/grey skin colour
- Changes in skin temperature
- Abnormal or delayed capillary refill
- A change in colour or appearance of the treated area

A vascular occlusion can require urgent treatment.

If you experience symptoms that could indicate a vascular complication, please email me immediately with photographs and details of your symptoms.

If I believe you require urgent assessment, I will advise you accordingly.

Extremely rare complications

Extremely rarely, dermal filler injections can cause serious complications such as vascular injury affecting the eye or brain.

These can include:

- Visual disturbance or loss of vision
- Stroke-like symptoms

If you experience sudden visual disturbance, loss of vision, weakness, facial drooping, difficulty speaking or other symptoms suggestive of a medical emergency, seek emergency medical attention immediately.

Do not wait for a response to an email.

WHEN SHOULD YOU CONTACT YOUR PRACTITIONER?

Please contact Jen Aesthetics Medical if you develop an unexpected or concerning reaction following treatment.

You should contact me promptly if you experience:

- Significant or worsening pain
- Significant or worsening swelling
- Increasing redness or heat, particularly if this develops several days after treatment
- Persistent or concerning lumps
- Significant asymmetry
- Skin colour changes
- Pale, white, mottled, dusky or darkening skin
- Delayed or abnormal capillary refill
- Unusual or increasing tenderness
- Signs of infection
- Any symptom that concerns you or feels outside what you have been advised to expect

Please do not simply assume that significant pain, colour change or worsening symptoms are normal swelling.

How to contact me about a concern

For any treatment-related concern, please email:

jenny.stapleton63@gmail.com

Please do not send treatment concerns via Instagram, Facebook, WhatsApp or other social media platforms, as these are not appropriate channels for clinical communication.

To allow me to assess your concern properly, please include:

- Your full name
- The date of your treatment
- The area(s) treated
- A clear description of your concern
- Clear photographs of the area
- When the symptoms started
- Whether they are improving, staying the same or worsening
- Any relevant symptoms such as pain, swelling, colour change, heat or tenderness

Photographs can be helpful for an initial assessment, but they cannot always replace a face-to-face clinical examination.

If required, I may ask you to attend the clinic for an assessment.

EMERGENCY SYMPTOMS

If you develop symptoms that may represent a medical emergency, do not wait for a response to your email.

Seek urgent medical attention if you experience:

- Sudden loss or significant change in vision
- Severe or rapidly increasing pain
- Significant skin colour change
- Symptoms of stroke
- Difficulty speaking
- Facial weakness
- Significant weakness or collapse
- Difficulty breathing

Contact emergency services where appropriate.

Your follow-up

A follow-up appointment may be recommended depending on the treatment performed.

The purpose of a follow-up is to assess how the treatment has settled and whether your treatment goals have been achieved.

Please remember that a follow-up does not automatically mean that additional filler will be required.

It is often appropriate to allow the tissues to settle fully before making decisions about further treatment.

If further treatment is considered appropriate, this will be discussed with you.

Further treatment and maintenance

Dermal filler is not a permanent treatment.

You may eventually choose to have maintenance treatment to maintain your result, but this should always be based on your individual needs.

I will not recommend additional filler simply because product is available.

My priority is maintaining facial balance and ensuring that any further treatment remains appropriate for your anatomy and aesthetic goals.

Sometimes the best treatment is to wait.

Looking after your skin

Your skin plays an important role in the overall appearance of your face.

For long-term skin health, I recommend:

- Daily broad-spectrum SPF
- Avoiding excessive UV exposure

- Appropriate skincare for your individual skin type
- Maintaining good hydration
- Professional skin assessments where appropriate

Healthy skin can complement your aesthetic treatment and contribute to a more natural overall result.

A final note from Jen

My approach to dermal filler is about enhancement, not transformation.

I don't believe that more filler automatically creates a better result.

Your face is unique, and my role is to understand your individual anatomy, listen to what you want to achieve and recommend what I believe is clinically appropriate.

Sometimes this may mean using filler.

Sometimes it may mean using a different treatment.

And sometimes I may recommend waiting or not treating at all.

I want you to leave Jen Aesthetics Medical feeling that you look refreshed, balanced and like yourself.

Your safety will always come before the treatment outcome.

If you have a treatment-related concern, please use the email address above and provide the requested information and photographs so that I can assess your concern appropriately.

JEN AESTHETICS MEDICAL

Newtownards

Medical Aesthetics | Skin Health | Natural-Looking Results