



Dermal Filler Treatment



What are hyaluronon dermal fillers?

Hyaluronon is a carbohydrate that is naturally present in the skin but declines with age. It promotes skin hydration and collagen formation. Restylane, Juvederm and Belotero are clear gels made from hyaluronon.

What are they used for?

Dermal fillers are injected under the skin to lift wrinkles and improve facial contours. Thinner gels are used for fine lines and thicker gels are used to re-sculpt the cheeks, jawline, temple and chin, replacing the loss of fat and bone that occurs with ageing. Lips can be restored to a youthful shape and hollows under the eyes can be reduced.

Who should not have hyaluronon dermal fillers?

Those previously allergic to hyaluronon; pregnant or breast-feeding; with permanent fillers of facial implants; unwell with a cold, sinusitis or facial infection; prior keloid scarring; less than a month after deep skin resurfacing; planned dental treatment in a month or flying overseas in under four days. Caution is needed in those with autoimmune disorders. Filler treatment should not be undertaken 2 weeks before or after a Covid vaccination.

What are the possible side effects?

The treated area will initially look **red** and **swollen** and feel **tender**. Swelling settles within hours, rarely lasting 1-2 weeks depending on area treated and filler used. **Bruising** may appear 12-24 hours after treatment, especially in those taking aspirin, anti-inflammatories, garlic, and fish oil. Bruising is not harmful, but can be embarrassing, and can be covered with makeup while fading over 1-3 weeks. You may see or feel the filler as a firm **lump** under the skin before softening occurs over 4-6 weeks. **Cold sores** can be triggered in predisposed individuals but can be prevented by medication. Due to factors like underlying facial asymmetry, your result may be slightly **uneven** despite our very best efforts.

What are the rare side effects?

Rarely **allergy** can occur months or years later causing hard lumps, swelling and redness, treated by dissolving the filler with an enzyme. **Nerve damage** could cause numbness or pain. There is a very small risk of **infection**, treated by antibiotics and dissolving enzyme which removes filler. There is a very small risk of filler entering an artery, which can cause **skin damage and scarring** unless treated by dissolving enzyme which removes all filler. There have been extremely rare reports of **blindness or stroke**, with treatment of the nose and between the eyes carrying a higher risk.

What should I do after filler treatments?

Dos:

1. Cleanse your face as normal
2. Swelling can be reduced by cool packs and antihistamine medication.
3. After 24 hours you may use concealer to disguise bruising, and arnica or Hirudoid cream to help resolve bruising.

DON'Ts:

1. No intense exercise, alcohol or makeup for the remainder of the day following treatment.
2. No international flights for four days.
3. No swimming, saunas or facials for the first week.
4. No dental treatment for one month.
5. No face down massage for one month if you have had cheeks, brows or chin treated.

We recommend you book a two-week follow up to check your result at no cost. Further treatment is usually at additional cost. Please contact Skin Institute immediately if you develop blisters, pustules or painful, mottled, red or purple discolouration on the skin near the treated area. This could be a sign of circulation problems due to filler entering an artery. This extremely rare complication required prompt treatment to dissolve the filler. Please phone your practitioner if after hours.

If you have further questions, please feel free to contact the clinic on:

0800 SKIN DR (0800 754 637)

or Emergency After Clinic Hours:

Patient's Initials
