

Hyaluronic Acid Dermal Fillers Information Sheet

This material is provided to help you make an informed choice regarding hyaluronic acid dermal filler treatment but does not replace discussions before going ahead with the procedure. You are encouraged to ask questions about the diagnosis, alternatives, procedure, fees, risks, benefits, descriptions, medical terms or language in this form.

Although this document is long you are asked to read it in full and your signature will be required prior to treatment. Signing this document is a reflection of the fact that you have had adequate time to retain and process all the information contained and you are satisfied that you wish to proceed with the treatment.

What are Hyaluronic Acid Dermal Fillers?

Hyaluronic acid dermal fillers are a very safe, effective treatment used not only in cosmetic clinics but also for a number of medical conditions as a universal soft tissue replacement material. Such conditions could include as a joint fluid supplement in osteoarthritis of the knee, in the eye in retinal detachment surgery, for loss of fat in the face following HIV medication use, and to correct facial asymmetries after cleft lip and palate repair.

Juvederm®, Teosyal®, and Restylane® are examples of licenced brand of hyaluronic acid dermal fillers. Differences between these brands include hyaluronic acid source, particle size, degree of cross linking and concentration of hyaluronic acid.

Background information: Hyaluronic acid dermal fillers are sterile gels consisting of non-animal, stabilised hyaluronic acid and in most cases, a local anaesthetic called lignocaine. Hyaluronic acid is a long chain transparent sugar molecule, which is naturally occurring in the skin, eyes, joints and other areas of the body. Hyaluronic acid dermal fillers have been used for over 20 years and are classified as a medical device.

The sterile hyaluronic acid gel is injected into the skin to correct facial lines, wrinkles and folds, for lip enhancement, for shaping the facial contours including the chin, cheeks, jawline and nose, to restore lost volume in the face and neck also for skin rejuvenation to improve textural issues. The gel structure temporarily adds volume which may give the appearance of smoother skin, fuller lips, or diminished wrinkles.

Correction is temporary and therefore touch up injections as well as repeat injections are required to maintain optimal correction. The ageing process will continue despite application of dermal fillers.

How does it Work?

The aging process is characterized by a loss of resiliency and atrophy of the underlying fat in the skin. There is also a reduction in the hyaluronic acid of the skin, dermal fillers can be used to replace these lost elements.

The dermal filler acts as a volumising agent in the dermis and subdermal areas of the skin. When it is injected it gives volume to these specific areas, replaces lost fat from the skin, and pushes out lines and wrinkles. Hyaluronic acid dermal fillers also act as a stimulatory agent for your skin so afterwards the dermis of the skin is a little thicker, there is more collagen in the skin and it is better



hydrated and more luminescent. Although some results are visible immediately, this process of new collagen production takes around 4-8 weeks to occur and more than one treatment is usually necessary to gain the optimum outcome.

Used to Treat

The aim of hyaluronic acid dermal fillers is to significantly improve the appearance of lines, wrinkles and folds and provide additional volume in the areas injected. These lines, wrinkles and folds may not completely be removed, or more than one treatment may be necessary for the optimal outcome. Results are subjective and whilst every effort is made to communicate likely outcome, there can be no guarantees made as to the final result. It is also important to note that because subunits of the face are connected, treatment of one particular area, for example the tear trough, may give a compromised result unless the cheek is treated initially to lift the skin and relieve the weight of the tissue under the eye. Another example would be the lip in cases of pre existing asymmetry- sometimes this asymmetry is a result of a lack of volume in the cheek area, or a missing tooth which then gives inadequate support to the lip.

The exact benefit of the treatment is dependant on the indication for treatment. Some examples of areas which can be treated with hyaluronic acid dermal fillers: hydration of the skin, volumising the lips, hydrating the lips, vertical lip lines, cheekbone enhancement, chin enhancement, non surgical facelift, temple hollows, dark under eye circles, tear trough treatment, jawline enhancement, forehead lines, flattening of the forehead, nose contour, horizontal necklace lines, poor skin quality in the neck, vertical neck lines, scars, outer labia, G spot.

How Long will it Last?

This is unfortunately not a straightforward question to answer due to the biostimulatory effect of hyaluronic acid. Although histologically (on a biopsy) the substance may only be present for 6-18 months depending on the brand and product used, there will be collagen stimulation and dermal thickening, so it may *appear* that the result is more long lasting.

It is normal not to be able to feel the hyaluronic acid dermal filler in the skin after treatment, this is normal and does not mean that the product is gone.

However it is not the hyaluronic acid dermal filler which is giving this effect- as a by product of treatment with the dermal filler your skin produces more collagen in this area. This is why you will continue to see improvement, long after the dermal filler is gone. Certain techniques may be employed to take advantage of this increase in collagen production such as the use of cannula (a blunt ended needle) to spread the product more effectively through the tissues and create a mini scaffold effect.

It is important to note also the site injected. Lip injections do not have the same longevity as other areas such as the eye, due to the forces of muscular contractions occurring during eating and speaking. This causes shearing of the hyaluronic acid so it is broken down more quickly and the effects are seen for less time. Results in this region can be present for 2-9 months.

Should you choose not to maintain the results and not have further treatment, your skin will continue the ageing process however there will be some residual benefits in some areas treated such as the nose to mouth lines, tear trough, marionette lines and scars. Lips will largely return to normal.



Before Treatment

The pre operative consultation provides an explanation of hyaluronic acid dermal filler treatment, benefits, risks, options and determines your suitability. If you have details of previous treatments then please bring them along to your appointment.

It is important you tell your doctor about any medicines or dietary supplements you are taking, some medicines can adversely affect the way the toxin works or increase your risk of bruising.

If you are taking supplements such as Vitamin A, C or E, Gingko Biloba, Garlic, fish oils, St. Johns Wort or some pain killing medicines such as aspirin or ibuprofen, then these can increase your risk of bruising and it *may* be advisable to stop taking aspirin 4 days before and ibuprofen 24 hours before your treatment. It is also advisable that you do not drink alcohol the night before your treatment, for the same reason. Please *do not* stop taking anticoagulants if you are using them to reduce risk of cardiovascular disease, deep vein thrombosis or stroke. You can discuss this with your doctor. The use of medicine such as warfarin, clopidogrel, heparins will be discussed with you at your consultation if you are taking these medications.

Please be aware of the necessary after care advice and that your schedule allows for you to follow it. It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance, 3-4 weeks is preferred.

Preparation for treatment

Please attend your appointment wearing no make up as this reduces the risk of infection. Make up will need to be removed prior to the injections and you will be advised not to reapply it for 12 hours in order to reduce the risk of infection or irritation at the injection sites.

It is not advisable to have treatment if you are feeling at all unwell.

The Procedure

Injection of small amounts of hyaluronic acid dermal filler is carried out using a fine needle or a thin flexible tube called a cannula. The needle used is very fine and generally this treatment is not described by most as painful and can be well tolerated with no anaesthetic.

Does it Hurt?

A very fine needle is used and generally this treatment is not described by most as painful and can be well tolerated with no anaesthetic

After the procedure

There is usually mild to moderate irritation for an hour after treatment. There can be pinkish bumps on the skin where the injections have been placed for a couple of hours and in rare cases, several



days. The area can also feel firm and swollen for up to around 4 weeks, although in some cases this can persist for longer.

Common side effects which typically resolve spontaneously within hours or days, but may persist for longer include pain or stinging when the injection is performed, localised swelling, redness or tenderness, bleeding at the sites of injection, bruising, numbness or itching of the area following injection, headache. Bruising can be a normal part of the procedure and does not represent a failure of treatment or care.

Please note that some areas treated are more predisposed to swell than others such as the lips or around the eye. If you do have swelling the best way to treat this is to apply ice to the area every few hours for 5-10 minutes and to sleep with 3 pillows at night to discourage swelling. If you are concerned about the amount of swelling you have then please contact the clinic.

Cosmetics, strenuous exercise, gardening and alcohol consumption should be avoided for 24 hours after the procedure. Please avoid sun exposure, UV light, freezing temperatures, facial massage and saunas for 2 weeks after treatment.

A follow up appointment may be made for you 2 weeks after the procedure was carried out, eg with tear trough fillers. During your follow up an assessment will be performed to see if you would benefit from further addition of hyaluronic acid dermal fillers.

Additional Treatment Necessary

In some cases it may be necessary to add additional syringes of dermal filler to achieve the desired results, especially in the case of volume replacement. This additional treatment will be discussed with you at your consultation. Any further treatment will incur additional costs.

Best results are seen around 4-8 weeks after the original procedure and if additional treatments are to be carried out it is better to wait at least 2-4 weeks before more hyaluronic acid dermal fillers are added to allow any residual swelling to settle.

Effects will last around 6-18 months, depending on the exact product used, the area treated, your metabolism and other factors such as sun exposure, smoking, exercise and pollution. At this point a repeat treatment can be performed.

Contraindications:

There are some conditions which contraindicate treatment. These are; known hypersensitivity to any component of the formulation such as allergy to Gram positive bacterial proteins or lignocaine, during pregnancy or breastfeeding or those with chronic urticaria.

Those with active infections in the skin such as herpes simplex virus, human papilloma virus (HPV), mollusca contagiosa, bacterial infections such as impetigo, yeast infections and extensive pityrosporum folliculitis should not undergo treatment whilst the infection is active. An ear, nose or



throat infection, dental abscess or periodontitis, gastroenteritis, urinary tract infection would also preclude treatment.

Tuberculosis, haemophilia, haemoglobin pathology and thalassaemia, active Hashimotos disease, graft versus host disease, mixed connective tissue disease are all contraindications for treatment.

Individuals with atopy, allergic contact dermatitis, sensitive skin syndrome, seborrhoeic dermatitis, active lichen planus and rosacea should be aware that there is increase potential for post procedure redness and irritation. Those with diabetes, Crohns disease and ulcerative colitis, HIV, active psoriatic arthritis, lichen planus, psoriasis, vial warts, Marfans syndrome or Ehlers Danlos syndrome, bullous diseases, dermatomyositis, lupus erythematosus, rheumatoid arthritis, chronic discoid lupus erythematosus, active scleroderma, systemic lupus erythematosus, vitiligo, pernicious anaemia, psoriasis, inflammatory bowel diseases, Hashimoto's disease, Graves' disease, Addison's disease, Sjögren's syndrome and those who have undergone heart, kidney, liver or bone marrow treatment or other immunosuppressive therapies may have slower healing. Those with type 1 or type 2 diabetes should also proceed with caution due to the slower rate of healing seen with these conditions.

Patients with melasma, vitiligo, albinism, Fitzpatrick types 5 and 6 (darker skin types) would be at higher risk post treatment for skin discolouration.

Those who have undergone bariatric gastric sleeve surgery or who are undergoing rapid weight loss may have potentially reduced time of aesthetic effect. Those who are losing weight at the time of treatment may still undergo a procedure however it is important to note that the appearance of the face will change post weight loss which will manifest as increased sagging of the skin, increased hollowness, more visible fat pads under the eyes and any pre existing asymmetry will be evident. More hyaluronic acid dermal filler will be necessary in these individuals who have fat loss in the face over and above patients who have remained at a stable weight. Increased asymmetry post weight loss does not represent a failure of treatment or care as results obtained which are satisfactory at a higher weight will not appear the same at a lower weight.

Individuals in a cachexic state from chronic disease such as cancers, HIV, anorexia or bulimia, or any other state which reduces the healing capability of the body may not have results which are as good as those who do not have these conditions. Those in a cachexic state may have product more visible as they lack the subcutaneous fat coverage.

Those with thyroid conditions may be more predisposed to eyelid swelling although this is not provoked by dermal filler use.

If you suffer from cold sores from herpes simplex virus you may be advised to take a short course of antiviral medication prior to treatment to avoid an outbreak.

Other factors may make a person unsuitable for treatment and this list is not exhaustive. It is the responsibility of the patient to fully disclose a complete medical and drug history; suitability for treatment remains at Dr Vaughans discretion. If there are any changes in your medical history, please inform the us.



Benefits

The aim is to significantly improve the volume which has been lost from the skin whether that be causing a line, wrinkle or fold, or a structural defect such as in the temple or cheeks.

Some results are usually seen immediately after injection, although optimal results are typically seen around 4-8 weeks after injection when all oedema has passed and new collagen formation has begun. Benefits are anticipated to last around 6-18 months depending on the composition of the dermal filler, the quantity injected, the area treated, injection technique and lifestyle factors such as sun exposure, smoking and metabolic rate. Treatment results are subjective. Results obtained for one individual with a certain volume and brand of hyaluronic acid dermal filler are not directly translatable to another individual due to variations in anatomy, surrounding features, lifestyle and metabolic factors.

After 6-18 months a repeat treatment is advised, although additional treatment may be carried out at any point 2-4 weeks after the original treatment in order to allow oedema to settle. The result is proportional to the amount of dermal filler used and full correction cannot be achieved with suboptimal amounts of dermal filler.

Limitations and Alternatives

Hyaluronic acid dermal fillers are best at treating areas which have a lack of volume, although you may not be able to see this lack of volume yourself. Areas such as the cheek, lips, marionette lines, nasolabial folds, temple and tear trough are commonly treated. A treatment may be effective for variable lengths of time with subsequent treatments, may not work as well as expected, or may not work at all. There is no guarantee given as to the results that may be obtained.

The result is proportional to the amount of filler used, and full correction cannot be achieved with suboptimal amounts of dermal filler.

There are alternatives which exist for the treatment of wrinkles such as topical creams, chemical peels, laser treatments, fat grafting/brow lift/facelift/other surgical options, botulinum toxins, skin needling treatments, ultrasound treatments and radiofrequency treatments. There is also the option of no treatment at all.

Side effects

Please note perfect symmetry is not achievable

Reactivation of herpes simplex can occur so please inform your Dr Vaughan if you suffer from cold sores as this risk can be minimised by the use of antiviral tablets prior to treatment.

For those with darker and more reactive skin types, it is possible that areas of hypo or hyperpigmentation may occur at the needle entry sites due to the trauma of the needle stick. In some cases these areas of discolouration can be permanent although they do typically fade over a period of 6-12 months.

It is possible that telangiectasia can occur, the permanent appearance of small visible blood vessels. Telangiectasia can be a normal occurrence after the procedure and does not represent



a failure of treatment or care. Certain areas are more predisposed to telangiectasia such as the chin, upper lip and lips.

After tear trough correction, oedema (swelling) can occur in the periorbital region which can be long lasting. Some individuals have a predisposition of compromised lymphatic drainage in this area which can mean treatment here is not advised. Should this occur and not settle it is advisable to dissolve the hyaluronic acid dermal filler using hyalase injections, an enzyme used for this purpose. Sometimes several visits are necessary to remove the product and time is necessary to allow the swelling to settle. It can sometimes take several months for this to occur and there is a possibility the swelling may not resolve completely.

Swelling is common after lip augmentation and does not represent a failure of treatment or care. This swelling can be extremely pronounced in some individuals and you are asked to contact the clinic if you are concerned. Ice is recommended for all individuals having lip augmentation, however in severe cases there can be a short lived immune reaction and in this scenario oral antihistamines and steroids are recommended for several days.

Application of hyaluronic acid dermal fillers will affect your facial movement to a degree. This is typical in the immediate post treatment period where there will be some oedema which affects the way the skin moves for a short period. In some individuals there can be a feeling this does not settle completely. This is a normal part of the treatment and does not represent a failure of treatment or care.

The result is proportional to the amount of filler used, and full correction cannot be achieved with suboptimal amounts of dermal filler this does not represent a failure of treatment or care.

Any adverse reactions usually occur within a few days of treatment. They are expected to be temporary in nature and usually resolve spontaneously within a few weeks. Rarely symptoms may persist for several months.

Possible side effects include under correction, headache, swelling, bruising which can last for several days and in very rare cases can be permanent, pain during injection, asymmetry, pain/tenderness, firmness, swelling, lumps or bumps, itching, infection and discolouration. In most cases infection can be treated with antibiotics but in rare cases a scar may form.

Rarer side effects include implant migration, granuloma which is an inflammatory bump under the skin, Tyndall effect which is a bluish discolouration in the skin, lipoatrophy which is a breakdown of fat, hypertrophic or keloid scarring, sterile abscess which is a low grade persistent infection, hypersensitivity reactions including anaphylaxis and acne eruptions.

Very rare but significant side effects include skin necrosis by inadvertent injection of dermal filler into a blood vessel or pressure on the blood vessel, there are protocols in place should this occur to minimise the risk of permanent damage. There have also been cases of blindness caused by embolism of filler into a branch of the retinal artery recorded- approximately 100 reports over the past 100 years of either fat, permanent fillers, temporary fillers including hyaluronic acid dermal fillers. This has been reported in dermal fillers in any part of the face.

Known significant risk have been disclosed, yet the theoretical risk of unknown complications does exist.



Future treatments

Correction is expected to last for a period of 6-18 months, or 2-9 months in the lips according to brand used. **Successful outcome varies by degree and the length of time correction is seen for varies from one individual to another and cannot be guaranteed.**

The result is proportional to the amount of filler used, and full correction cannot be achieved with suboptimal amounts of dermal filler.

It may be necessary to repeat the treatment to further enhance the results if desired once all oedema has settled. **This will incur a subsequent cost.** This can usually be carried out from a period of 2-4 weeks after the initial treatment.

It is recommended you have the procedure performed every 6-18 months to maintain the results.

It is preferable to explore the possibility of injecting other areas on the face rather than the same area repeatedly as this will ensure a more natural result as repeated injections in the same position will over the course of time, cause excess collagen deposition in this area which can appear unnatural.

Typically less material is required for repeat injections to achieve the same results as hyaluronic acid dermal fillers cause increase in collagen in the area that they are injected.

Costs

A consultation fee applies in order to assess suitability for the treatment and covers a comprehensive assessment and an informed consent discussion. The fee for dermal filler treatment is variable and depends on treatment type and prescription. It is not covered by health insurance.

Adjustments of the original procedure are not possible without payment of a subsequent fee as any later changes will necessitate the commencement of a new course of treatment and further syringes of hyaluronic acid dermal filler must be used. Perfect symmetry is not possible and you are encouraged to make any reasonable suggestion during your treatment session to ensure you are happy with your outcome. Results are subjective.

Payment rendered is considered to be in return for application of hyaluronic acid dermal filler and whilst every effort is made to satisfy aesthetic concerns there is no guarantee of outcome, therefore refunds cannot be made under any circumstances.

Dr Vaughan reserves the absolute right to refuse or cancel treatment based upon an assessment of findings on the treatment day.

