

Dermal Fillers - Treatment Guide

Thank you for booking your dermal filler treatment.

You will see an immediate effect and should have very little downtime. These notes will help you prepare for your treatment and help you get the best results. We use top quality fillers and Alison Taylor is very experienced with producing an attractive, natural look which will make you feel so much more confident and people will be thinking how well you look – not “done”.

Please come back after a few weeks for your review for Alison to see the results.

With dermal fillers (Hyaluronic acid), you see an immediate effect and I hope you are happy with your results. Alison is available to you if you have any questions or concerns and will follow you up with her Professional Duty of Care. Please come back after a few weeks for your review for Alison to see the results.

Please read all of this information so that you feel informed of what to expect as well as all of the benefits / risks and side effects of the treatment.

The facts of any treatment can seem scary and Alison will answer any questions you may have. Please note: The scary details are a very rare occurrence in addition to Alison being a super cautious practitioner. She also has an excellent safety record and of course, the medical capabilities to manage any adverse events.

Quick Facts:

Please be aware that this is an injectable treatment. Cheap treatments offered elsewhere may be unlicensed or tested, imported lookalike products of unknown / unsterile content.

We only use top quality pharmaceutical grade products.

- Immediate lifting effects which refresh your look
- Emphasis on natural results using long lasting top quality products
- The fillers longevity should be from 4 – 18 months but this is entirely dependent on product, depth, skin condition and lifestyle. Dermal fillers are made from hyaluronic acid which has been stabilised to produce a gel which replaces shape and lost volume under the skin.
- Hyaluronic acid occurs naturally in the skin; therefore, the fillers are non-permanent and are slowly absorbed naturally and dissolved by the body's natural enzyme action
- Dermal fillers are great at replacing your younger skin contours and for supporting the skin hydration system. They are used to improve volume loss and shape and, the appearance of fine lines and wrinkles, shadows and hollows in:
 - Cheeks
 - Jawline

- Lips
- Nose
- Temples
- Skin

The treatment:

Facial rejuvenation can be carried out with minimal complications. These dermal fillers are injected under the skin with a very fine needle or a blunt cannula. Usually, the actual treatment takes about 15 – 30 minutes depending on depth and amount, but we always book more time for consultation and planning.

Before your treatment:

- Plan ahead in case you have any swelling, asymmetry or bruising. You should plan for 7-10 days for a bruise to fade. Swelling should not last more than 48 hours if it occurs at all.
- Make sure you have no important social or work events immediately after on or any long-haul flights or extreme sun exposure.
- Drink plenty of water and use good skin care prior to treatment as this will enhance your results.
- It is better to have these treatments after any prolonged dental work.
- Please arrive with no makeup.
- Be aware that some supplements and medication increase the risk of bruising. Do not stop prescribed medication but let Alison know at consultation which you are taking: (e.g. aspirin, ibuprofen, warfarin, fish oils).
- Make yourself familiar with the risks, side effects and possible complications of this treatment. It can be easy to ignore this information as many people don't advertise the risks, they do exist, albeit rare. Be assured that having this treatment carried out in the clean and professional clinic, with the experienced hands of a medical professional reduces the risks many times.

During your treatment:

- Alison Taylor always communicates throughout the treatment so that you feel at ease and in control. This way, you can see the results appearing before you. Alison will have used her artistic and scientific skills in placing the filler exactly where it is needed to produce the authentic and natural anti-ageing effects.
- Due to the filler injection, you may feel some sensations, but it should not be painful. Straight after, the filler can feel firm and numb as it contains a painkiller. This is all normal and the numbness will wear off after about 40 minutes.
- The filler treatment takes a few days to settle – depending on the location and amount of filler, it can feel slightly lumpy but do not be alarmed. The filler takes up to two weeks to fully integrate into your skin.

Immediately after:

- Final results can take a couple of weeks which is why it's best to plan ahead.
- Bruising is rare but possible. Despite efforts being made to avoid bruising, it can occur. If it does, it can take a week or two weeks to disappear.
- Make-up can be applied to conceal it if needed, but ideally not on the day of treatment to avoid the risk of infection. Arnica gel/cream can also be worth applying to the area to help reduce the appearance of bruising.

After care:

- Avoid any strenuous activity for 24-48 hours, especially heavy bending and lifting which puts pressure on the face.
- Avoid excessive heat and humidity and long-haul flights for 7-14 days.
- Avoid direct sunlight / sun beds for 48 hours.
- Viral illnesses and insect bites can cause temporary inflammation. Attend a review appointment to have your results checked.

Risks / side effects:

Although these are extremely rare, the injection of fillers carries inherent risks no matter who carries out this injection due to the body's natural functioning.

- Needle / Injection Risk: Can cause bleeding / bruising / infection
- Product Risk: Allergic reaction
- Technique Risk: If the product is placed near or inside a blood vessel, this can cause blockage leading to tissue death – symptoms include aches, colour changes in skin, pustules appearing after treatment.

IMPORTANT - PLEASE NOTE:

Some trigger incidents which may cause a temporary inflammation (which can be severe) even months after treatment with dermal fillers include:

- Excessive alcohol
- Excessive UV exposure (Holidays, sun beds etc)
- Excessive heat
- Insect bites anywhere on body
- Viral infection
- Immune system stress

The nature of dermal fillers is that it can act as a foreign body tests the body's immune system. If you become stressed or suffer any of the above, it can cause the body to react quite dramatically, mimicking an allergic reaction.

Symptoms include:

Increased swelling, heat and redness in the facial area.

SEVERE ALLERGY

Hyaluronic Acid administration can result in anaphylaxis (a severe allergic reaction) which in itself is life threatening and requires immediate medical attention. Symptoms of a severe allergic reaction can include shortness of breath, wheezing, coughing, difficulty swallowing, swelling of the tongue, eyelids, lips, hoarseness of the voice, stomach pain, nausea or diarrhoea. If you have any of the above symptoms please report to your nearest Accident and Emergency Department or call 999 for an ambulance.

Should this occur, please contact Alison. Do not panic, as it will resolve and Alison is medically trained to manage such complications.

You must contact Alison Taylor immediately if you are concerned about this. Alison Taylor has the ability and knowledge to treat and manage safely to reduce any negative after-effects. Tel: +44 7887 808680.