

## Dermal Fillers – Tissue Augmentation

### What are dermal fillers?

Dermal Fillers are used for facial aesthetic treatments and are injected into the skin. They are designed to effectively reduce the appearance of unwanted wrinkles, contour and create volume, and to revitalize the skin. Dermal fillers are based on Hyaluronic acid (HA) which is a substance that naturally exists in your body.

### What is hyaluronic acid?

Hyaluronic acid is a sugar molecule that exists naturally in almost all living organisms. It binds water and can act as a lubricant and shock absorber in movable parts of the body such as joints. It is also important for the transport of nutrients and in regulating water balance in skin.

### How do dermal fillers work?

By boosting the skin's supply of hyaluronic acid, dermal fillers revitalize and add volume to the skin, instantly diminishing the appearance of lines and wrinkles, and giving a natural softer look. Dermal fillers are a soft injectable gel consisting of stabilized, non-animal hyaluronic acid. The gel is tissue-friendly and closely resembles the hyaluronic acid that exists naturally in the body. It is long-lasting but not permanent.

### What are the benefits of dermal filler?

Dermal filler injections provide an easy way to reduce the appearance of wrinkles, smooth the skin and give a more youthful appearance. The result of a single treatment can be seen instantly and can last for around 6 to 9 months. Dermal filler injections can give a natural looking result that does not affect facial expression. As your face changes over time, dermal fillers allow you to control your looks subtly as you age.

### Is dermal filler treatment safe?

The dermal filler used for treatments at Cklub Essentia is Juvederm & Restylane. Restylane has been used in over 10 million treatments worldwide during the last twelve years. It is safe. Dermal Filler resembles the body's own hyaluronic acid, which reduces the risk of allergic reaction.



### **What areas can be treated?**

Dermal fillers can be used to smooth away facial lines and wrinkles, create fuller lips and shape facial contours, such as cheeks and chin, and revitalise the skin.

- Nose to mouth lines
- Between the eyebrows
- Lips (adding volume and shape)
- Cheeks
- Hands
- Elbows/Knees

### **What does dermal filler treatment involve?**

#### **Before**

During the initial consultation at Club Essentia, the doctor will discuss your treatment expectations. After discussion of what you wish to achieve and assessment of your treatment needs, the doctor will recommend which dermal filler treatment is most suitable for you.

After the consultation, and if you are happy to proceed, your practitioner will help you complete a medical history form and you will need to sign a consent form before treatment can progress.

#### **During**

Dermal filler is injected into the skin in small amounts using a very fine needle. The gel provides natural volume to smooth away the appearance of lines and wrinkles, enhance facial shape, or create fuller lips. Dermal filler products improve the elasticity and texture of skin, restoring and maintaining the skin's hydrobalance.

The treatment is quick, typically taking about 15-30 minutes. Treatment with dermal fillers do not affect facial expression and the benefits can normally be seen instantly.

#### **After**

Dermal filler products are biodegradable, which means they will naturally disappear in the body. To ensure an optimal and long lasting result, a top-up treatment is recommended 6-12 months after your initial treatment. Discuss with your practitioner when a follow-up appointment may be appropriate.

After a treatment some reactions might occur, these include; are slight redness, swelling, itching, bruising, pain and tenderness. The reactions are generally mild to moderate and usually disappear shortly after injection. They typically resolve spontaneously within one or two days, but for some treatments they may last longer.



### **How long does a dermal filler treatment last?**

One of the great advantages of dermal filler treatment is that the effects are long lasting but not permanent. Duration depends on many factors, such as the individual's skin type, skin condition lifestyle and age. After the initial treatment, follow-up sessions are normally recommended around every 6 to 12 months depending on the individual and the treatment. A treatment of the lips lasts about 6 months.

### **Can everybody use dermal fillers?**

Most people can benefit from dermal filler treatment. Dermal fillers should not be used in or near areas where there is or has been skin disease, inflammation or skin related problems. Dermal fillers have not been tested in pregnant or breast-feeding women, Individuals with medical conditions that lower the body's immune response or individuals undergoing therapy that is immunosuppressive may be more prone to infection by a skin injection procedure.

During your pre-treatment consultation, you should thoroughly discuss your medical history with the doctor at Club Essentia.

### **Does dermal filler treatment need pain relief?**

Generally, pain relief is not necessary when injecting into the skin to correct lines and wrinkles. Some people may experience the treatment as a mild discomfort. A local anesthetic cream can be applied to the area for a more comfortable treatment experience. The lips are a highly sensitive part of the body and, therefore, at Club Essentia we only use dermal filler products with local anesthetic lidocaine included for a more comfortable treatment experience.

### **Are there any risks with dermal fillers?**

Product related reactions are rare. There are some injection related reactions which may occur after any injection; they typically resolve spontaneously a few days after injection to the skin, within a week after injection into the lips. These reactions include redness, swelling, pain, itching, bruising or tenderness at the injection site.

After lip enhancement, lips may swell for up to a week, but this typically reduces after two to three days.



**Pre-treatment instructions:**

Avoid ASA, St John's Wart, and Vitamin E before treatment (increases healing time)

Avoid all anti inflammatory (3 days before)

Remove Make-up

No caffeine or exercise right before (3 hours)

**Day of the Dermal Filler Treatment**

After injection of the [dermal filler](#), it is very important that you do not move the treated areas for 2-3 hours. This helps the filler "settle into place."

The use of ice packs will help with swelling. The area may remain slightly swollen or red through the day.

If you have a propensity for bruising, we strongly recommend Arnica Montana, a supplement available in our clinics. It should be taken immediately after the treatment and continue as directed on the bottle.

**Day Two after the Dermal Filler Treatment**

No Heat/Sun/Exercise one day

Cold packs to reduce swelling

Avoid flexing facial muscles (2days) and sleeping on face (5 days)

Swelling reduction (3-5 days) and bruising clearance (5-7 days)

Return for consult (1week)

**"You are your most important asset... Invest in Yourself." ~ Dr. Ivan Rusilko**