

## Hyaluronic Acid Dermal Fillers: Comprehensive Information Sheet

### Procedure Details:

Hyaluronic acid dermal filler injections are typically performed using a topical anaesthetic cream or, in some cases, a local anaesthetic to minimize discomfort. The choice of anaesthesia depends on the patient's preference and the treated area.

The quantity of hyaluronic acid dermal filler prescribed varies depending on the treatment area, the patient's desired results, and the type of filler used. We usually achieve good results with 1ml to 4ml, with the variation due to factors including the bone structure, presence of fat and soft tissue, and the structure and quality of your skin.

Fillers often require multiple treatments to achieve desired results and the result that you imagine or expect may not be possible. Like any medical procedure, results can never be guaranteed. It often takes multiple appointments to achieve your best result.

### Possible outcomes

In the short term, patients can expect immediate results, such as enhanced volume and reduction in the appearance of lines and wrinkles. Some swelling, redness, and minor discomfort at the injection sites are common and typically subside within a few days.

Retreatment may occur any time between 1 and 12 months after the first treatment. Once the optimal volume of filler has been achieved, and the patient is on maintenance injections, they might have filler once per year.

Over time, the filler is gradually broken down and absorbed by the body. Fillers are metabolised at different speeds by individuals and the longevity of results can vary depending on the type of filler used, the patient's metabolism, and the treated area. We therefore cannot guarantee the duration of a treatment. 9-12 months is an average. Some studies have seen filler last as long as 4-10 years. Touch up treatment or further treatment after four weeks may be necessary to optimise results at additional cost.

### Risks and complications:

Risks include swelling, redness, bleeding, bruising, mild pain, or tenderness at the injection sites (particularly at the chin and the lips, which are occasionally quite painful). There may also be some asymmetry. These are usually mild and temporary, generally within the first 24 hours after the treatment. These reactions are to be expected and usually resolve spontaneously and improve day by day. Bruising and swelling may last 1-4 weeks in total. You can take paracetamol for pain relief.

In addition:

- There is an approximately four in 100 chance of developing a delayed reaction to the injected material with redness, persistent swelling, which will require further treatment with varying success. Infections, and abscesses with scar formation due to the injection, though rare, can occur and should be promptly treated. Please contact me or your General Practitioner should you suspect infection.
- In some cases, complications include infection, scarring, and changes in skin color (postinflammatory hyperpigmentation, especially on brown or Black skin).
- Allergic or anaphylaxis reaction may occur, with an estimated rate of one in 20,000. If a patient experiences an allergic reaction or hypersensitivity, treatment may include the

administration of antihistamines, corticosteroids, or, in severe cases, adrenaline for anaphylaxis.

- there is a small but definite risk that injection of fillers may injure a facial blood vessel. Most times this just produces bruising, and is not overly significant. However rarely the filler will enter a blood vessel and produce a blockage that may result in skin and tissue loss. Very rarely (the likelihood is estimated at 0.001% or approximately 1 time in 100,000), permanent blindness has occurred from filler being injected into a vessel, which may be unable to be reversed. Also very rarely there may be a risk of stroke from an injection into a vessel. Stroke is also a rare but known complication.
- If the practitioner notices problems at the time of the procedure or subsequent to the procedure it is essential they are allowed to dissolve this material or take other remedial measures. You are asked to consent to this approach.

If you have any concerns about something on this list arising, we recommend that you contact us at first instance on **0421934291** so that we can advise you further.

Other potential complications may include overcorrection, uneven results, migration of filler, allergic reactions, or granulomas (small lumps). These complications can require additional treatments or adjustments. In some cases, hyaluronidase, an enzyme that dissolves hyaluronic acid fillers, may be used for correction.

### Patient-specific risks

Patients on aspirin, fish oil or other drugs associated with increased bruising may find their risk increased. For the treatment of bruising, there are over the counter treatments available, including Bruiderm and Hirudoid.

There may be a small chance that a treatment may induce an outbreak of facial cold sores in patients with a previous history. Some patients take preventative Lysine or antivirals (such as Famvir) to help reduce the risk of cold sores. If you get cold sores after a treatment, you should see your doctor.

Patients with specific comorbidities, allergies, or a history of autoimmune diseases should inform their healthcare provider before the procedure. This information is crucial for assessing the patient's suitability and mitigating potential risks.

### Aftercare

Most patients can return to their normal activities immediately after the procedure. As noted above, swelling and redness are common but usually subside within a few days.

Immediately after the injections your face will be cleaned. You should not touch your face for 6 hours. After this you may clean your skin with water and a gentle cleanser.

Proper post-treatment care includes:

- lightly applying cold compresses to reduce swelling, for 10 minutes every hour on the day of treatment (do not apply ice directly on your skin).
- avoiding using face creams and make-up for at least 24 hours
- avoiding pressure on the treated areas for the first few nights (i.e. sleep on back if possible)
- do not apply make up on the day of the procedure.
- do not expose the area to intense heat (eg solarium or sauna)
- avoid vigorous exercise for 24 hours
- avoid alcohol for 24 hours

- do not use AHA, Retinols/Vitamin C therapy for 24 hours
- applying sunscreen to protect the treated area.
- avoid facials, facial waxing, Glycolic or AHA peels, IPL or energy based treatments and microdermabrasion for two weeks after treatment.
- Do not wear swimming goggles after having filler around the eye or cheek area

Following post-treatment instructions is essential to ensure the best outcomes and minimise potential risks.

There are also specific issues for different parts of the face into which filler might be injected:

- **Lip filler:** When the lips are injected, the upper lip tends to swell much more than the lower lip and often patients think that their upper lip has had too much filler injected into it. Once the swelling calms down, they realise this is not the case. The typical ratio that most people choose for their lip proportion is 40% in the upper and 60% in the lower, so most likely the upper lip is going to be smaller than the lower lip once the swelling resolves.
- **Temple fillers:** Headaches are common after temple biostimulator injections. Paracetamol should be used if required. Often the veins in the temple protrude and become more obvious temporarily after fillers.
- **Jawline fillers:** Often you may feel dermal filler lumpiness along the jawline. This will resolve over the next few weeks as the filler integrates with the skin.
- **Forehead fillers:** Lumpiness is a common issue after forehead fillers. Several treatments may be required to achieve the best results on the forehead.

## Follow up

We will review the results of dermal filler 4 weeks after the procedure (except for cosmetic emergencies like infection or vascular occlusions, which should be reviewed immediately).

Reviewing the results before the four week timeframe is not useful as there is often a small amount of swelling that has not yet resolved, which makes it difficult to objectively judge results. This is particularly important with regards to symmetry.

## Cost

[insert details]

## About Dr SIMONE DOREIAN

Dr SIMONE DOREIAN is one of Australia's leading cosmetic doctors in Aesthetic medicine. Dr Doreian is an internationally recognised expert, key opinion and thought leader, practicing in Aesthetic Medicine since 2004.

Dr Doreian holds a Specialty Fellowship with the Royal Australian College of General Practitioners, a fellowship with the Cosmetic Physicians College of Australasia, a diploma with Royal Australian College of Gynaecologists and Obstetricians, and has a background in anaesthetics at the Alfred Hospital Melbourne. As such Dr Simone is well placed to share her understanding of the art of medical consultation, assessment, anatomy, procedural safety and communication skills with various industry bodies.

Dr Simone is frequently invited to share her knowledge and expertise in achieving outstanding patient results, teaching aesthetics, anatomy and safe practice at Medical congresses around the world. She holds positions as

- Global Key Opinion Leader and trainer for Galderma
- Key opinion leader for Aesthetic Medicine World Congress (AMWC) annually in Montecarlo, Monaco
- Anatomy for Injectors (AFI) Faculty Member (Australian Society Aesthetic Plastic Surgeons)
- International speaker at various global congresses AMWC, ASCD, Aesthetics AU, NSS ASAPS