



**Dr Julia Sen**

MEDICAL . SURGICAL . AESTHETIC

## **Dermal Fillers**

Dermal Fillers are used to lift and sculpt the face to replace lost volume and restore more youthful contours. Examples include:

- Nasolabial folds (nose to mouth lines)
- Cheek lifting
- Tear Trough (eye socket line)
- Lip volume replacement
- “Barcode” lines (between nose and upper lip)
- Marionette lines (corners of mouth down to jawline)
- Jawline definition
- Temple hollowing correction
- Chin augmentation
- Frown lines
- Brow lifting
- Skin retexturing of face and neck
- Crows feet
- Scar revision (including acnes scarring)

### **What is the dermal filler made of?**

At Dr Julia Sen Health & Wellness, the fillers used contain Hyaluronic Acid (HA) a naturally occurring substance found extensively within our bodies in structures including the eyes, skin, joints and nervous tissue. It is constantly being broken down and replaced within our tissues but from the age of 20 our skin loses its HA content resulting in loss of tissue volume, descent and dehydration, characteristic signs of ageing. It has numerous medical applications including as a topical lubricant for dry eyes and skin and by injection into joints, in the treatment of scars and in ophthalmic surgical procedures. Several of the skin-boosting HA preparations also contain glycerol (glycerine), a substance proven to improve skin firmness and used for decades in cosmetics, food and medicines.

### **Dermal HA fillers and Botulinum Toxin injections**

HA fillers are often used in conjunction with Botulinum toxin injections as the effects may be complimentary to each other. They can also be used in combination with other aesthetic treatments to optimise results.

### **Before injection**

Dermal Filler injections should not be administered for 2 weeks after dental surgery or vaccination as there is evidence that these may increase the risk of infection or inflammatory reaction, respectively. It is also advisable to avoid alcohol for 24 hours and aspirin/anti-inflammatory medication for 2 weeks prior to injection, if possible to reduce the risk/severity of bruising. Please do not wear cosmetics to your appointment as they will have to be completely removed to reduce the risk of infection.

### **Injection procedure**

Dermal Filler Injections are administered in a clinic setting. Your skin will be thoroughly cleansed and local anaesthetic cream applied to reduce the discomfort of the injection. This is left to take effect for at least 20 minutes. There may be still be some stinging during injection. If you experience pain, it should be reported immediately.



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### **Post-injection**

The anaesthetic will wear off within several hours. Some bruising and pin prick-like marks at the injection sites may be evident. There will usually be some swelling within 24 hours of injection which usually resolves within 24-48 hours. The lower eyelid area is particularly susceptible to swelling and a degree of puffiness may persist for longer, especially first thing in the morning.

It is advisable to avoid touching or applying anything (including creams or cosmetics) to the injected areas until the following day. Vigorous exercise should be avoided for 24 hours. There may be a mild, dull ache and tenderness around the treated area for 1-2 days. You may be instructed to massage from the following day, depending on the site of injection. Further top-up injections may be administered later as required.

### **Longevity**

The longevity of the effect of filler depends on the location and the product used. Typically the vast majority of HA fillers are naturally broken down by the body within 2 years, although biological studies have shown that filler may remain within injected tissues for much longer. Only non-permanent, dissolvable HA fillers are used at Dr Julia Sen Health & Wellness, since permanent and semi-permanent fillers are difficult to remove without surgery, should removal be required.

### **Possible unwanted effects**

Common: Bruising, swelling, over/underfill, nodularity, asymmetry, skin colour changes

Uncommon: Inflammation, migration

Rare: allergy, infection, tissue necrosis,

Extremely rare: blindness, stroke

### **Contra-indications**

You should not receive HA filler injections in the following circumstances:

Previous allergic reaction to HA filler or gram positive bacteria

Systemic active inflammatory, autoimmune disorder

Bleeding disorder

Current skin sores, rash, pimples, urticaria (hives) or infection

Known allergy to lidocaine (lignocaine) if using product containing lidocaine.

Vaccination within the last 2 weeks

Dental surgery within the last 2 weeks

Age under 18 years

Pregnancy or breast-feeding