

FAQ's: Dermal Fillers

What Are Dermal Fillers, how do they work and are they safe?

Hyaluronic acid is a naturally occurring substance produced by our bodies to help hydrate, add volume and firmness to the skin. As we age our body's production of hyaluronic acid slowly decreases and sharply declines after we reach 40.

Dermal fillers are a thick gel like substance that are injected into the skin. Fillers have evolved and improved enormously since they were first introduced. I use fillers containing hyaluronic acid because of their good safety profile, quick recovery and ability to achieve much more subtle results. Their properties draw water into the injected area, to create a natural, hydrated and refreshed looking skin. They enhance skin firmness and suppleness to help restore youthful features. Permanent fillers are available, but not widely used in the UK.

What does it Treat?

Dermal fillers can restore the face's balance, helping recapture the facial volume that age and weight loss can diminish. The areas of concern are injected under the skin to restore volume or fill lines around the face, giving a more youthful or enhanced look. They can help:

- Reduce wrinkles.
- Soften deeper skin folds.
- Enhance facial contours and definition.
- Revolumise facial hollows.
- Provide lip volume and definition.
- Provide hydration and firmness to the skin.

What should I expect during the consultation?

The consultation and treatment typically lasts about 1 hour. After a thorough discussion about the procedure and completing the consent forms, I will take a pre-procedure photograph. Dermal fillers are injected using a fine needle. They do not require general anaesthetic or stitches and leave no scars. There is little to no downtime. Afterwards the area may have some redness and swelling, which can take 2-4 days to settle. You will be given full verbal and written aftercare instructions.

I offer a complimentary 2 week follow up appointment to check you're happy with the results.

Do Fillers hurt?

Dermal Filler injections are more uncomfortable than Botox, but patients are offered an anaesthetic cream to minimise the discomfort.

When will I see the effects, how long does it last and is it permanent?

Results can be seen immediately. However, the full effects are not seen until 2 weeks which is the time it takes for any bruising or swelling to fully resolve. Hyaluronic acid fillers are fully resorbable and are naturally broken down by the body.

Their effects vary, but typically last between 6-12 months.

Is there anything I should consider before and after a filler treatment?

- You can resume most normal activities immediately after treatment.
- Avoid touching the area for 6 hours after the treatment. If you notice any bruising, applying an ice pack or using arnica may help minimise this.
- Avoid lying down for 6 hours and try to sleep face up that night to avoid repositioning of the filler.
- It is best not to apply makeup or lipstick for 12 hours.
- Avoid exercise for 24hrs after treatment (this can increase the risk of bruising).
- Avoid alcohol, smoking, caffeine, hot drinks and spicy food for 24hrs after treatment as these may exacerbate bruising and swelling.
- Avoid extremes of heat for the first 48 hours after treatment. For example saunas, steam rooms or sun exposure.
- Avoid anti-inflammatory drugs (such as ibuprofen or aspirin) or supplements (St Johns Wart, Cod Liver Oil, Vitamin A, B or E) for 2 days before and after treatment, as these can increase your risk of bruising.
- Avoid cosmetic products containing Retinoids for 3 days either side of the procedure.
- Do not wear compressive masks, helmets or goggles for 14 days after treatment. Similarly avoid lying face down on treatment tables. (eg massages).
- Avoid chemical peels, dermabrasion or laser treatments 4 weeks either side of the procedure.
- If any lumps occur, gently massage the areas 2-3 x daily for 3-4 days with your fingers and a greasy moisturiser. If no lumps are visible, you do not need to massage the area.
- Make me aware of any history of cold sores as outbreaks after the treatment can be prevented with medication.

Are there any side-effects from the treatment?

Most people find the injection causes some mild discomfort and local swelling which subsides after 48 hours. Bruising around the injection sites is also common. Taking arnica tablets 2 days either side of your treatment will help minimise this.

With some treatments there is a small risk that the dermal filler can press on small blood vessels causing a reduced circulation of blood to the skin or eye. In these very rare cases, this can result in complications such as skin breakdown or vision loss.

Who should avoid having Fillers?

- Pregnant women or breast feeding mothers.
- Patients with certain conditions or medications affecting the immune system.
- People with a previous allergic reaction to hyaluronic acid.
- Anyone with a skin infection in the area to be treated.
- Patients with a history of abnormal scarring: Keloid or pigment change.
- Patients with certain bleeding disorders or taking blood-thinning medication such as Warfarin and Clopidogrel.

If you suffer any allergic responses, prolonged generalised symptoms or have questions or worries please do not hesitate to contact me on 07702 389 636.

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