

# Dermal Fillers

## Patient Information

### What are dermal fillers?

Dermal fillers (or face and lip fillers as they are sometimes known) are injectable substances which are used to add volume and definition to localised areas of the face, and/or fill lines and wrinkles. Most dermal fillers contain an injectable form of hyaluronic acid which occurs in the body naturally, depleting as we age. By restoring volume, facial fillers work to plump and smooth contouring deficiencies and soften lines and wrinkles. Offering long-lasting, yet non-permanent results, the injected substance is broken down by the body over time.

### What dermal filler brands do you use at Coppergate Clinic?

Coppergate Clinic practitioners only use dermal filler products which are licensed and FDA approved. We are proud to use Juvederm, Vycross and Belotero for the majority of our dermal filler procedures, along with specialist dermal fillers Teosyal Redensity for undereye bags & tear trough correction procedures and Radiesse facial filler to achieve targeted facial volume. The dermal filler products used at Coppergate Clinic are amongst the most scientifically documented in the world, with comprehensive studies that support their safety and efficacy.

### Is the procedure right for me?

A detailed, obligation-free consultation with your medical practitioner is essential prior to undergoing any advanced aesthetic procedure. During the consultation, your aesthetic doctor or nurse will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your practitioner will examine you and may take some photographs for your medical records.

### How is the procedure carried out?

Should dermal fillers be agreed upon as the most suitable treatment, the skin will be thoroughly cleansed and the treatment area anaesthetised using either an appropriate topical anaesthetic (numbing cream) or a dental nerve block if required. Once the treatment area is anaesthetised, the facial filler or lip filler will be injected under the surface of the skin using an ultra-fine needle, before being gently massaged. The treatment itself usually takes around 20 to 30 minutes, with an additional 30 minutes allowed before the treatment for the anaesthetic to take effect.

### Downtime, risks and complications

All aesthetic procedures are associated with some degree of risk. Your medical practitioner will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Immediately after treatment there may be some redness, tenderness or

numbness, itching or bruising. These possible side effects are usually mild and generally disappear within the first week. Whilst rare, the most serious potential complication is vascular occlusion which occurs when blood is no longer able to pass through a blood vessel. Symptoms of vascular occlusion, the diagnostic symptoms of which are immediate, severe, and disproportionate pain and acute onset of colour change to skin at the treatment site (blanching or white spots/blotches). If you have any concerns you may be experiencing vascular occlusion following treatment please contact the direct patient line detailed below. Following lip treatment, swelling may last longer- up to about a week. During this time the lips may look uneven, therefore the result directly after treatment should not be viewed as the final result. It is normal to feel 'firmness' at the treatment site for the first few days; over time the area will soften. Thorough cleansing of the skin prior to treatment as well as careful placement of each of the injections and a detailed knowledge of facial anatomy, helps us to ensure these risks are as minimal as possible. You might wish to gently apply ice or a cold compress to the injection area after treatment to help to reduce swelling.

### Results

The results of a dermal filler treatment are visible instantly after treatment. Wrinkles and folds at the facial filler treatment site will appear reduced. In the case of lip fillers for lip enhancement, the lips will be defined and plumper, with fine lines and wrinkles around the mouth area also smoothed. By restoring lost volume, your skin will look smoother and softer. Results usually last between 6 and 18 months, depending on the type and quantity of filler you have had and where it has been administered.

### Cost

Prices for dermal filler treatment varies according to the quantity and type of dermal filler product used, as well as the area being treated. After consultation and prior to treatment, you will be given a price for the procedure, so that you can make an informed decision on whether you wish to proceed.

### Alternative treatments

Alternative forms of non-surgical line and wrinkle management include line and wrinkle relaxing treatment (botox) radio frequency (Exilis), micro current (CACI) and medical-microneedling. Risks and potential complications are associated with alternative forms of treatment.

**If you experience any problems or have concerns following your procedure, please do not hesitate to call our direct patient line for assistance on 07908 891059.**

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## Patient Pre & Post-Procedure Care Guide

### Pre-Procedure Preparations

Prior to undergoing the procedure, you are asked to:

- **Avoid Blood Thinners:** Stop taking aspirin, ibuprofen, fish oils, Vitamin E, Gingko Biloba, and St. John's Wort 72 hours (up to a week) before treatment.
- **No Alcohol/Smoking:** Avoid alcohol for 24-72 hours before the treatment, as it thins the blood.
- **Skin Condition:** Ensure you do not have an active skin infection or cold sore, especially around the mouth. If prone to cold sores, consult your practitioner for antiviral medication, as treatments can trigger breakouts.
- **Skincare:** Avoid harsh actives like retinoids or exfoliating acids (AHA/BHA) for a few days before.
- **Preparation:** Attend "fresh-faced" with no makeup to avoid infection and eat a light meal to prevent dizziness.

Avoid taking aspirin or anti-inflammatories prior to treatment as these will increase the risk of bruising.

### Post-Procedure Preparations

Following the procedure, patients are advised to:

#### 24 - 48 Hours After Treatment:

- **No Touching/Makeup:** Avoid touching or washing the treated area for at least 6-12 hours (ideally 24 hours) to prevent infection.
- **Cool Compresses:** Apply cold packs (Avoid direct contact with skin) for 10-15 minutes every few hours on the first day to reduce swelling.
- **Avoid Extreme Heat and Cold:** Avoid saunas, steam rooms, sunbeds, and sunbathing for 14 days.
- **Avoid Exercise:** No strenuous exercise for 24-48 hours.
- **Sleep Position:** Sleep on your back with your head elevated for 24-48 hours to minimize swelling and prevent shifting the filler.
- **Pain Relief:** Use paracetamol if needed for pain; avoid ibuprofen as it can increase bruising.
- **No Touching/Makeup:** Avoid touching or washing the treated area for at least 6-12 hours (ideally 24 hours) to prevent infection.

#### 1-2 Weeks After Treatment:

- **No Massaging:** Do not massage or put pressure on the area unless instructed by your practitioner.
- **Avoid Other Treatments:** Avoid facials, facial massages, laser treatments, or dental work for 2 weeks.
- **Be Patient:** Swelling and lumps are common. These usually settle within 2 weeks.

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