

# Lovely by skin institute

## What is Hyaluronic Acid?

Hyaluronic Acid (HA) is a natural gooey gel-like carbohydrate present in every tissue of the body and provides support, hydration and promotes collagen formation. It is found abundantly in youthful skin however, declines with age which contributes to volume loss, development of fine lines and wrinkles, dehydrated skin and an overall dullness in facial appearance. By restoring lost volume, re-sculpting facial contours and enhancing lip volume and definition with HA fillers we can help to restore a more youthful appearance with improved skin texture and hydration (HA holds 1000x its own weight in water!)

## What are Dermal Fillers?

Dermal fillers are smooth injectable gels made from synthesised hyaluronic acid, a naturally occurring clear, gel-like substance found in our skin. Dermal fillers are injected under your skin to replenish lost volume and hydration, diminishing the depth of wrinkles and improving facial contours. At Lovely by Skin our skilled nurses use a range of fillers made of both thinner gels which are great for filling fine wrinkles as well as thicker gels for re-sculpting facial contours and restoring lost volume in areas such as the cheeks.

## What are the possible side effects?

The treated area will initially look **red** and **swollen** and feel **tender**. Swelling settles within hours, rarely lasting 1-2 weeks depending on area treated and filler used. **Bruising** may appear 12-24 hours after treatment, especially in those taking aspirin, anti-inflammatories, garlic, and fish oil. **Bruising** is not harmful and can be covered with makeup while fading over 1-3 weeks. You may see or feel the filler as a firm lump under the skin before softening occurs over 4-6 weeks. Cold sores can be triggered in predisposed individuals and can be prevented by preventative anti-viral medication taken leading up to your treatment. Due to factors like pre-existing underlying facial asymmetry, your result may be slightly uneven despite our very best efforts.

## What are the possible side effects?

Rarely **allergy** can occur resulting in redness, lumps and swelling, treated by dissolving the filler with an enzyme. There is a very small risk of infection, treated by antibiotics and dissolving enzyme.

If you have any questions, or experience any other side effects from the treatment not listed on this page, please contact us on 0800 004 525. If it is outside of business hours immediately contact your closest A&E and state you have had Dermal Filler injections.

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## PRIOR to Dermal Filler Injections

- Let your Nurse know if your medical history has changed, or if you have changed/taken a new medication or started taking herbal supplements
- Avoid consuming alcohol for 24 hours pre and post treatment
- Do not have anti-wrinkle injections in the same area 14 days prior to treatment
- Do not have any treatments that break the surface of the skin for 7 days prior to treatment
- Do not have international travel planned for 4 days
- Do not have dental treatment planned in the next 4 weeks

## POST Dermal Filler Injections

- Your skin may show redness and swelling for 24 – 72 hours post treatment
- Bruising & swelling can be a common side effect, you may use ice & antihistamine medication to help prevent this from occurring
- There is a small chance you will experience pain, firmness, lumps/bumps, or itching. These are normal side effects, however, please call the clinic if you are concerned
- Generally, these are temporary, and they can last up to a week
- Do not use active skin care ingredients for 3-5 days post treatment
- Do not apply pressure to treatment area for a few days
- Do not exercise or have a sauna/spa for 24 hours post treatment
- No alcohol, exercise, sauna/spa for 24 hours. No makeup for remainder of the day following treatment
- No face down massage for one month if you have had cheeks, brows or chin treated
- After 24 hours you may use a concealer to disguise bruising, and Arnica or Hirudoid cream to help resolve bruising

We recommend you book a two-week follow up to check your result at no cost. Further treatment is usually at additional cost.

**Please contact Lovely by Skin Institute immediately if you develop blisters, pustules or painful, mottled, red or purple discolouration or blanching/whitening on the skin near the treated area. This could be a sign of circulation problems due to filler entering an artery. This extremely rare complication requires prompt treatment to dissolve the filler. PH 0800 004 525.**