

## **What is hyaluronic acid?**

Hyaluronic acid is a naturally occurring sugar chain molecule found in all skin and soft tissues throughout the body. It attracts and binds water in the skin, providing volume and hydration, but also 'cushioning' and supporting collagen and elastin fibres and providing a medium, or carrier, for chemical messages between the cells. They should only be administered by trained professionals.

Each brand has a range of 'tissue tailored' products designed for specific results. One size does not fit all.

## **How Does it Work?**

Hyaluronic acid dermal fillers are a clear sterile gel in a syringe for injection into the skin providing instant correction.

To correct or enhance facial contours; cheeks, temples, jawline, nose, chin.

To define, correct or enhance lips.

To soften and correct facial wrinkles or folds.

To restore lost volume in hands to reduce the appearance of veins and tendons and to correct hollows under the eyes (tear troughs).

## **Does it hurt?**

Most leading brands also contain a local anaesthetic and most clinicians will apply topical anaesthetic cream, or ice, prior to treatment to numb the skin. Treatment need not be painful.

## **After treatment**

Most people are able to continue with normal activities with immediate improvement in their appearance. Some will have some redness, pin prick marks, possibly swelling-particularly in the lips. Possibly bruising. Any swelling and bruising may be more apparent the next day. Make-up should not be worn for 12 hours. You will be advised to avoid alcohol, vigorous exercise, sunbathing, and extremes of heat or cold for 14 days post treatment.

## **How long will it last?**

Longevity does vary between products, and between individuals, but most will last between 6 months and 18 months.

## **Is it safe?**

All treatments carry a degree of risk. All risks and complications will be discussed with you at consultation and prior to any treatment being agreed. Side effects include, but are not limited to; Redness, Swelling, Bruising, Itching, Tenderness.

The above are temporary and usually resolve within the first few days, swelling is often marked the next morning but settles within hours, bruising can take a week to 10 days to resolve and can sometimes persist for longer.

**Dr Jo Aesthetics**

## **Am I suitable for treatment?**

A full medical history and assessment of your expectations is necessary in advance of any decision to treat.

With any injectable treatment;

Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).

If you have previously experienced allergic reactions to any dermal filler or local anaesthetic. If you are taking any medicines which affect bleeding, such as aspirin or warfarin. If you are taking steroids or have autoimmune disease. If you have any bleeding disorders. If you suffer from a poorly controlled medical condition. If you are pregnant or breastfeeding. If you are currently or have recently completed a course of Roacutane (Isotretinoin acne treatment) in the last 18 months. If you are pregnant or breastfeeding.

### **Caution**

Injections on the face can trigger the cold sore virus. If you are a sufferer, you must advise your clinician in advance of treatment.

If you have recently had treatment with any other dermal filler.

If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol, which should be avoided the day before and after treatment. Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.

Safety has not been established for those skins susceptible to keloid scarring.