



DERMAL FILLER

PATIENT INFORMATION & AFTERCARE GUIDANCE

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DERMAL FILLER INFORMATION

WHAT ARE DERMAL FILLERS AND WHAT ARE THEY USED FOR?

As we age, the volumes to the face start to diminish as we lose deep facial fat, bone structure and plumpness in the skin. As we lose support for our superficial fat and skin, gravity take effect resulting in deepening of folds and sagging of the skin.

At Phi Clinic we generally use Juvéderm® range of dermal fillers from Allergan, and Restylane® from Galderma, the world leaders of surgical and non-surgical aesthetic products. They create a natural, subtle effect to replace volume loss, add definition and assist to disguise heavy areas. Juvéderm® and Restylane® dermal fillers are made from hyaluronic acid, which naturally occurs in our bodies, to return volume and moisture to the face and skin to give a plump, youthful and rejuvenated appearance.

At PHI, we generally use a new generation of dermal fillers: the Juvéderm Vycross range from Allergan or Restylane Kysee. They create a natural, subtle effect which contain Lidocaine to help numb the treated area as it is being administered.

THE ALLERGAN JUVERDERM VYCROSS RANGE CONSISTS OF:

Volux the newest member of the Juvederm range and used to treat areas that need definition and support such as the chin and jawline.

Voluma helps to replenish deep volume loss and add support to areas such as the cheeks, chin, jaw and nose.

Volift can be used to replace soft tissue, such as the front of the cheek, lips and the nasolabial folds.

Volbella is designed specifically for the lip and mouth area as it has a soft, natural feel but can also be used in and around the eyes and tear trough.

GALDERMA:

Restylane Kysse- is also designed specifically for the lip as it has a soft and natural feel.

HOW MANY SESSIONS WILL I NEED, AND HOW FAR APART CAN I HAVE THEM?

Each treatment plan will vary depending on each patient and the areas of concern therefore you may require one or multiple sessions to complete the full treatment plan discussed at consultation. If you require multiple sessions these will usually be carried out 4 weeks apart. Patients can expect to notice the effects as early as 3 weeks and for as long as 18 months after treatment.

Each filler has different consistencies which also define their longevity. The strong more robust fillers tend to last between 18-24 months while the lighter fillers tend to last 12-18 months. This time scale is a guide as each result is on an individual basis.

AM I A SUITABLE CANDIDATE?

Dermal fillers can be used on a wide range of patients, and is primarily used for volume replacement, balancing of proportions, aiding symmetry, feature enhancement and the reduction of lines and wrinkles. Results of filler will vary from person to person and often require combination with skin tightening devices.

PRE-TREATMENT INFORMATION:

The treatment will be carried out in a sterile environment. Therefore all make up will be removed if this has not been done so before you arrive. Please avoid taking aspirin or ibuprofen on the days leading up to your treatment as this can increase the risk of bruising, unless advised otherwise by your GP. Excessive caffeine intake the day of treatment can also increase the risk of bruising. Bruising and swelling are normal and common side effects following any treatment involving needles. Please arrange treatments far in advance of events and social occasions to avoid unnecessary downtime. Please note that filler cannot be carried out within 3 weeks either side of receiving the COVID vaccination or having COVID. This is due to some rare reports of the filler swelling. Please also avoid having dermal filler 3-5 days before flying abroad.

WHO WILL CARRY OUT MY TREATMENT?

Dermal filler treatments will be carried out by one of our doctors or nurses here at Phi Clinic. All of which are highly experienced and trained by our medical director Dr Tapan Patel.

HOW MUCH WILL IT COST?

Prices start from £500 with our nurses and £650 with our doctors. Please note that multiple syringe plans may have been made by your practitioner.

POST-TREATMENT INFORMATION

You have now had a dermal filler treatment.

- There is lidocaine 0.3% in each syringe of the Juvederm and Restylane range and so once the anaesthetic in the filler wears off you may experience tenderness in the treated area.
- You may experience tightness and swelling for a few days or up to one month. The chin can feel particularly tender post filler.
- Following any injections bruising can occur. Depending on the area treated, pinpointing to extensive bruising may be noted. The area can be covered with makeup from the following day. Strenuous exercise, saunas, spas and alcohol should be avoided for 24-48 hours post treatment to minimise the bruising risk. Please note some bruises can be improved from laser treatment. If you have a significant bruise please contact the clinic by sending a photo of your bruising to see if laser is an option to speed up the healing process.
- The filler may be palpable to touch and can feel asymmetrical initially and this is normal. The filler will slowly integrate into the surrounding tissues over the 2-4 weeks where it will feel more even and less prominent.
- You can massage the area twice a day over the next two weeks with your daily moisturiser or Vaseline if it has been administered to the lips to help integrate the filler. Other areas treated can also be massaged but your practitioner will instruct you on how and if to do so but typically wait until the majority of swelling has subsided before you start massaging.
- As the filler integrates into the surrounding tissues the sensation of the filler will wear off however the effect will remain and end results can take up to one month or longer to be seen.
- Filler may require a review with your practitioner and typically requires 12-18 month maintenance treatment.
- If you experience the following please contact the clinic immediately:
 - pain or discomfort that is increasing
 - Heat and redness to the area after 12 hours
 - Skin changing colour – lightening, darkening or having a mottled appearance
 - Pustules or little white spots

Some of the above may require the filler to be dissolved with a drug called hyaluronidase.

- In some cases where there is not a complication or emergency the filler can be dissolved, for example asymmetry or the individual's desire. If this is the case you may be asked to let the filler settle for 2-4 weeks and continue to massage before dissolving as a lot of initial asymmetry and prominence can be due to swelling and newly placed product.

NEED MORE INFORMATION OR GUIDANCE?

Please call **0207 034 5999** or email **info@phiclinic.com** if you would like further details about your treatment or to schedule for an appointment.

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