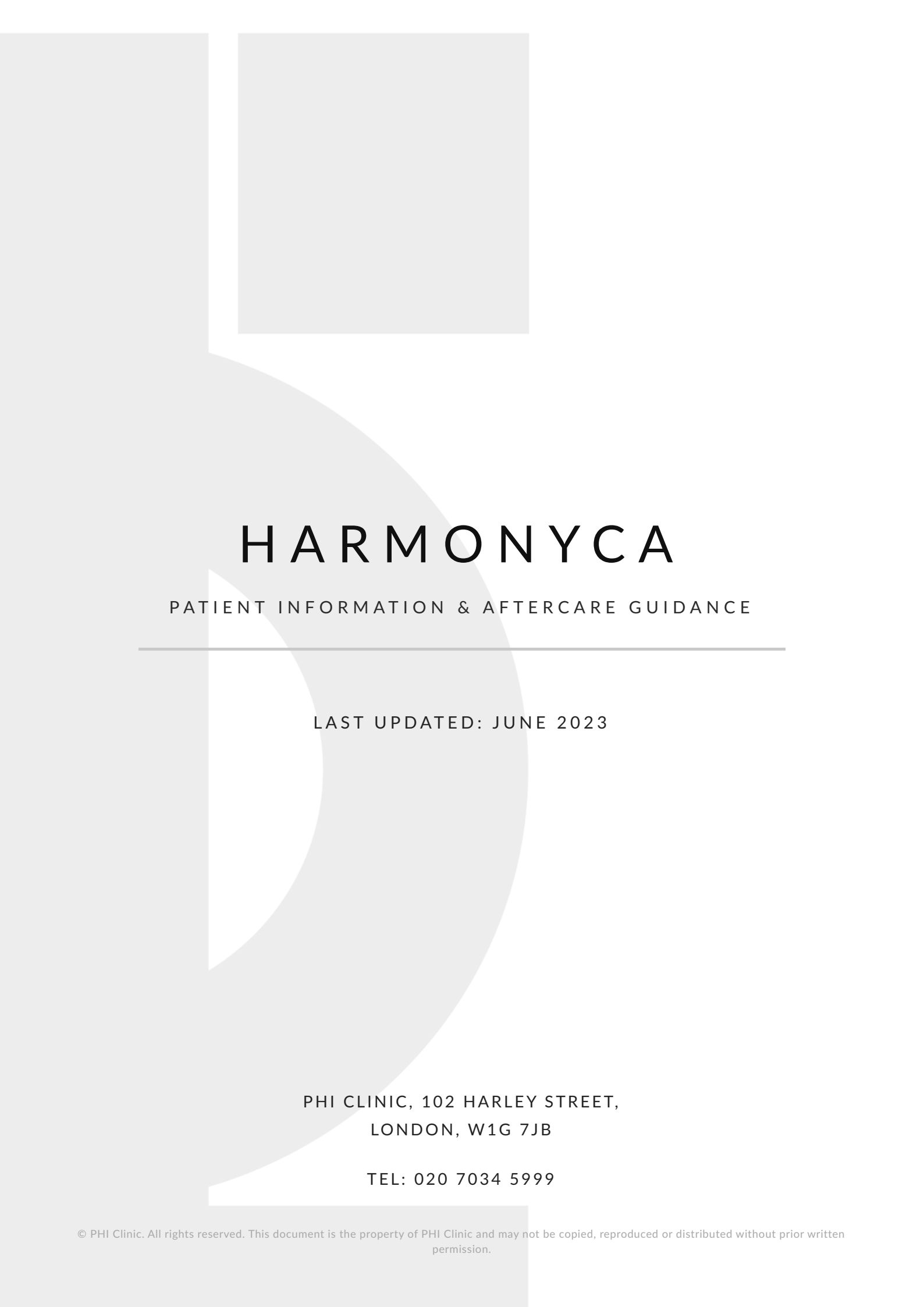




HARMONYCA

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: JUNE 2023

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HARMONYCA INFORMATION

WHAT ARE DERMAL FILLERS AND WHAT ARE THEY USED FOR?

As we age, the volume to the face starts 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 use Allergan's Juvéderm® range of fillers which are hyaluronic acid based, however a more advance product from Allergan is HarmonyCa using Hyaluronic Acid and Calcium Hydroxyapatite. This hybrid filler helps to restore volume and moisture to the face as well as returning structure and support to give a plump, youthful and rejuvenated appearance. HarmonyCa also induces your body's natural collagen production to giving a tightening effect over time.

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 combining HarmonyCa and Juvederm 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 4 weeks but results can improve up to 3 months post treatment. HarmonyCa typically lasts 12-24 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. As with all treatments there is a limit as to how much product can be injected to ensure natural results without distorting features. 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 enough 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 any

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?

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 £800 for one syringe. Please note that multiple syringe plans may have been made by your practitioner.

HARMONYCA POST-TREATMENT INFORMATION

You have now had a filler treatment.

- Once the local 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.

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have been administered any medication pre or during this treatment however this is a small amount of lidocaine in the product

For further information:

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**