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PATIENT INFORMATION

Dermal fillers

Hyaluronic acid fillers
for volume and lines

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This booklet explains dermal fillers, what to expect, and the side effects and risks.

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01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about dermal fillers, or you're about to.

It explains how fillers work, what to expect, and the side effects and risks, including the rare but serious ones.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What dermal fillers are

Dermal fillers are injectable gels, usually made of hyaluronic acid (HA), a substance found naturally in the skin. They add volume and support, softening lines and restoring shape to areas such as the cheeks, temples and jawline.

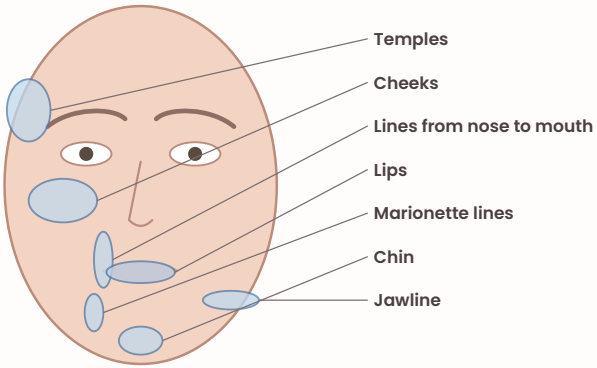


Figure 1. Areas commonly treated with dermal fillers. A simplified drawing for guidance only.

An important safety feature of HA fillers is that they can be dissolved with an enzyme called hyaluronidase. Mr Kumar only uses reversible HA fillers, and keeps hyaluronidase and an emergency kit on hand.

03 Is it right for you?

You're likely to be a good candidate if:

- ✓ you have lost volume or have lines you would like softened
- ✓ you are in good general health

What the treatment won't do

- − **It won't lift heavy, sagging skin**; surgery may be better.
- − **It isn't permanent.**

Please tell Mr Kumar if you have, or have had

- you are pregnant, trying to become pregnant or breastfeeding
- a nerve or muscle condition such as myasthenia gravis, or you take medicines that affect nerves or muscles
- an infection, cold sore or rash in the area
- you take blood thinners, aspirin or supplements such as fish oil
- allergies, including to previous injectable treatments or to lidocaine
- previous fillers, threads or permanent implants in the area
- an autoimmune condition
- a recent or planned dental treatment, vaccination or illness
- body dysmorphic disorder, or significant worry about your appearance

04 Other options

You don't have to have this treatment. Depending on what bothers you, the alternatives include:

- anti-wrinkle injections for movement lines
- skin treatments
- a facelift or fat transfer for larger changes

- doing nothing

05 What you can expect from the result

Immediately
Visible change

2 weeks
Swelling settled; review

6–18 months
Gradually breaks down

06 Getting ready

To get the best result and reduce bruising, please:

- **avoid alcohol** for 24 hours beforehand
- **avoid blood-thinning painkillers and supplements**, such as ibuprofen, aspirin and fish oil, for a few days beforehand, unless prescribed
- **come without make-up** on the area if you can
- **avoid booking** just before an important event, as bruising can take up to 2 weeks to settle

07 The treatment

After cleansing and sometimes numbing cream, filler is placed with a fine needle or blunt cannula. Most products contain local anaesthetic. It takes 30–45 minutes.

08 Recovery

- **Avoid touching or massaging** the area for 24 hours unless advised.
- **Avoid make-up, alcohol, strenuous exercise, saunas and facials** for 24 hours.
- **Avoid dental treatment** for 2 weeks if possible.

09 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Swelling, tenderness and redness for a few days.
- Mild firmness while the filler settles.

Other complications

- **Bruising** COMMON
- **Lumps or unevenness** UNCOMMON
  Usually settle, or can be massaged or dissolved.
- **Infection** UNCOMMON
- **Delayed swelling or nodules** UNCOMMON
  Weeks or months later, sometimes after an illness. Usually treatable.
- **Bluish tint under thin skin (Tyndall effect)** UNCOMMON
  Can be dissolved.

Rare but serious complications

Please read this section carefully.

- **Filler blocking a blood vessel (vascular occlusion)** RARE
  Can cause skin damage or scarring if not treated urgently with hyaluronidase. Signs are severe pain and the skin turning white, grey or blotchy.

- **Loss of vision** VERY RARE
  If filler blocks the blood supply to the eye. This is very rare but can be permanent.
- **Severe allergic reaction** VERY RARE

10 Further treatment

Many people choose to repeat treatment to maintain the result. If a small adjustment is needed, it is usually done at your review appointment.

11 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

12 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

You don't have to decide on the day. Many people prefer to go away and think about it. You can change your mind at any point before treatment, and you don't need to give a reason.

13 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

14 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

15 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Call 999 or go to your nearest A&E immediately if you have

- skin that turns white, grey, blue or blotchy, or severe pain, during or after filler treatment
- any change in your vision, eye pain, or weakness or numbness of the face
- swelling of the lips, tongue or throat, or difficulty breathing

Contact us promptly if you have

- swelling, redness or pain that is getting worse, or a temperature
- lumps that are tender, red or hot
- anything unexpected that worries you

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

16 What happens next

Before your treatment, Mr Kumar will go through this information with you and ask for your written consent. If anything in this booklet has raised a question, or if anything changes with your health or medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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