

# DERMAL FILLERS

## Background

Dermal fillers are injectable materials made from a very wide range of materials (usually synthetically-produced hyaluronic acid [HA]) which are used to smooth out the appearance of facial lines including the nasolabial folds (cheek creases), marionette lines (coming down from the mouth), lips, frown lines, forehead furrows, crow's feet, lip (smoker) lines, and dimples in the skin, by 'filling'.

## The Treatment

The procedure may be carried out in about 30-60 minutes depending on the number of areas to be treated and the volume of product to be used. The specific choice of filler that you and Mr Banwell or his aesthetic nurses choose may depend on the results you require and the area being filled (eg. delicate lines or deep furrows). A topical anaesthetic cream (eg. EMLA or AMETOP) may be applied to reduce discomfort half an hour prior to the treatment. Mr Banwell or one of his experienced aesthetic nurses will then inject the filler into the site to be treated to plump out the skin, repeating as necessary on other areas. It will be gently massaged once it has been injected into the site. The filler then remains in the skin where it gives firmness to the treated areas. The procedure is minimally invasive causing only mild discomfort and will not leave scars. If necessary, a local anaesthetic injection (dental block) can also be used and it should be noted that more modern fillers also contain local anaesthetic thereby reducing discomfort further.

## Complications of fillers

Complications particular to dermal fillers include a risk of allergic reaction to the filler, contour irregularities, lumpiness, asymmetry, bruising, under correction and over correction. If you experience cold sores, then there may be a recurrence of them after treatment, although the chance of this can be minimised by the use of antiviral medicines.

## After the procedure

Following the procedure, there may be some redness in the treated areas, though this is usually minimal. Your face may be a little swollen and tender for a short period.

Normally, patients can leave Mr Banwell's clinic a few minutes after the procedure. You can return to work the same day and resume most activities within four hours. The treatment starts to work immediately but the greatest effect is seen after about 1-2 weeks. Make-up may be applied immediately afterwards. Patients can choose to have more volume should they wish after a couple of weeks for an extra charge.

## Success and Satisfaction

Lines and wrinkles treated should appear smoother and softer, giving a more 'youthful' appearance to the face. The effects are not permanent but should last for around 3-9 months.

## Important Notice

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.*

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## NOTES & QUESTIONS

### AT A GLANCE

**SURGERY TIME**

30 - 60 minutes

**HOSPITAL STAY**

Out-patients

**ANAESTHETIC ASSESSMENT**

No

**PRE ADMISSION TESTS**

No

**SLEEPING POSITION**

Sleeping on back recommended

**REASONABLY MOBILE**

Immediately

**WASHING**

Shower after 1 day

**DRIVING**

Immediate

**EXERCISE INCLUDING GYM**

2 weeks

**SEXUAL ACTIVITY**

Restricted Activity

**FULL RECOVERY**

Immediate

**TIME OFF WORK**

None