



# DR. KRISTYNA

## DERMAL FILLER PATIENT INFORMATION

Copyright © 2017 Dr Krystyna | [www.drkrystyna.com](http://www.drkrystyna.com)

Page 1 of 3





## What is Hyaluronic Acid?

Hyaluronic acid is a naturally occurring sugar chain molecule found in all skin and soft tissues throughout the body, identical across species.

Dermal fillers are manufactured, usually through fermentation and cross linking with proteins to produce a clear, sterile gel for injection into the skin.

## How Does it Work?

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

## Used to Treat

- 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 improve the tone, texture and hydration of the skin.

## Is it Safe?

Dermal fillers are safe, but not risk free, the doctor will discuss all the risks and benefits with you at consultation and again prior to treatment.

## Am I Suitable for Treatment?

The doctor will take a detailed medical history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether or not this treatment is able to meet them.

## Is it painful?

The doctor will ensure correct anaesthesia is provided (either topical or intra-orally if having lip augmentation)

Most dermal fillers contain a local aesthetic

## Pre Treatment Advice:

No Alcohol at least 24 hours prior to treatment



Avoid Aspirin, bupropion and a range of dietary supplements including; St. Johns Wort, Ginkgo Biloba, Vitamins C and E as these may all contribute to bruising and are best avoided 24 hours before treatment.

If you are taking aspirin for a medical condition, please check with your prescribing doctor that it is safe to stop, before doing so.

Take 'Arnica' tablets or consume pineapple as these are considered natural anti-bruising remedies.

## Post Treatment Advice:

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.

You are advised to avoid alcohol, vigorous exercise, sun bathing, and extremes of heat or cold for 14 days post treatment. These activities have been found to increase and prolong swelling.

Swelling may worsen in the first 24 hours, and then should settle within the first few days. Cold packs can be helpful in reducing swelling. As a consequence of swelling, the product may feel harder or lumpy and you may notice some asymmetry. The final result may be judged at 2 weeks.

Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment. Tenderness should settle as swelling goes down.

Please contact your doctor if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.

Please do not hesitate to contact us if you have any concerns.