

## Fillers

(Hyaluronic Acid)

### 1 What are Fillers?

Fillers are made of natural and synthetic solutions developed to inject into the skin to restore a youthful appearance. This is in the form of a soft gel containing stabilised hyaluronic acid.

Hyaluronic acid is a naturally occurring substance that helps to hydrate and add volume to skin. It is broken down by the body and is constantly replaced. As we get older, the replacement mechanism reduces so we get drier and less plumped up skin.

It can be used to treat ageing and to alleviate arthritic joints. It is long lasting, but NOT permanent.

### 2 What are the benefits of fillers?

Treatment usually takes around 20 minutes, however, the results can be seen instantly!

The results are natural looking and do not affect your facial expressions so you can achieve subtle changes as you age to plump up areas such as fine lines which give a more youthful appearance.

### 3 What are the risks of fillers?

Product related reactions are very rare. However, there are some injection related reactions which may occur but these generally calm down within a week of lip injection eg redness, swelling, pain, itchiness, bruising or tenderness.

All skin injection procedures have a small risk of infection.

### 4 How is it done?

The areas to be treated are cleansed with alcohol wipes and then tiny amounts of filler are injected into specific areas. This could be in between the brows, around the eyes, in the lips or around the mouth.

### 5 How long until I see results?

The results can be seen instantly! And over 30 million people across the world have been successfully treated.

### 6 How long does the treatment last?

Facial treatments can last up to 12 months and lip enhancements usually last about 6 months.

### 7 Is it painful?

Generally no pain relief is required when injecting into the skin to reduce lines, however, an anaesthetic cream can be applied in some cases if you are particularly sensitive in areas such as the lips where anaesthesia is recommended before treatment.

### 8 What should I do before treatment?

Remove makeup on the area(s) to be treated and avoid:-

- Aspirin
- Alcohol
- Taking vitamin E for two weeks prior
- Ibuprofen (eg brand names Advil, Motrin, Brufen)

### 9 What shouldn't I do after treatment?

To avoid complications:

- Do not massage the treated area
- Do not lie down for 4 hours after treatment
- Do not apply heat to the treated area on the day of treatment or for 8 hours after treatment
- Avoid any activity that may cause facial flushing on the day of treatment including drinking alcohol, exercising and/or tanning

### 10 How do I book?

You will need a private consultation to discuss your personal requirements as everyone is different.

For a confidential, informal chat  
please call Jayne on:  
**0161 393 3993**

