



Patient information leaflet

Dermal Fillers

Which fillers?

Restylane is the most popular and most studied hyaluronic acid (HA) filler. It has a good track record and has been used for over 20 years.

Restylane, Juvederm and Belotero are FDA approved. Teosyl and Emervel are CE marked.

Hyaluronic acid (HA) fillers are clear hyaluronic gels, which closely mimic the natural hyaluronic acid in the skin. Hyaluronic acid softens, hydrates and volumises the skin. They are temporary fillers, which are used to restore volume and reduce static wrinkles. They are biodegradable. As they break down, they are gradually absorbed and disappear from the body. A HA filler will usually last between 6 and 18 months. The length of effect depends on the product that is injected as well as factors such as age, skin type, lifestyle and muscle activity for example. They are not of human or animal origin so a skin patch test is not needed.

Where are the fillers injected?

The injections are usually relatively painless. When treating volume loss, the fillers are injected on to bone or deep in soft tissue. When treating wrinkles, the filler is injected under the skin in tiny amounts using a small needle or cannula.

There may be some swelling and bruising after the injection of filler although this tends to settle within a few days.

Potential side effects of fillers

Bruising and/or redness at the injection site; pain, feeling of tension, failure to achieve desired effect. Rare complications include: granuloma formation (lumpiness); nodule (nodules occurring during injection are usually caused by uneven distribution of the injected material whereas inflamed red and tender nodules are caused by infection or tissue reaction); itching; tenderness; swelling or over-filling; blanching or discoloration of skin including hyperpigmentation; infection including reactivation of herpes virus infection or abscess; skin defect;

telangiectasia (visible fine blood vessels); blister; hypertrophic scar; migration of filler; blindness; blueish tinge to skin (Tyndall effect); allergic reaction, non-specific flu-like symptoms; numbness (paraesthesia); skin necrosis (skin death).

Contraindications to having fillers include: having a known allergy to the product; breastfeeding or pregnant; active infection at the site of injection; alcohol in your system as this increases the chances of bruising from the injections.

Before having an injections with fillers you should:

Avoid all blood thinning medications for 1 week before an injection with filler (aspirin, warfarin, dipyridamole, clopidogrel, non-steroidal anti-inflammatory drugs [NSAIDs], fish oil, vitamin E supplements, St John's Wort, garlic, ginseng and ginkgo bilboa).

After the injections

Avoid exposure to high and low temperatures; for one day avoid touching the site of injection and do not use make-up; avoid drinking alcohol and smoking for one week after injection.

Should you have any concerns after your filler injection for example, reduced vision, red skin, swelling, or sore skin, please contact Miss Mellington without delay.

Contact

Miss Mellington (via her secretary, Jacqueline Zerey) 0121 277 0787
Spire Eye Centre, Little Aston 0121 353 2444
BMI The Priory, Edgbaston 0121 440 2323
Birmingham Midland Eye Centre (Eye Casualty) 0121 554 3801