

# Dermal Fillers

## What are dermal fillers?

Dermal fillers are gel like and contain hyaluronic acid water and lidocaine, they are injected underneath the skin to smooth wrinkles and add volume and contour.

There are many different brands on the market including Teosyal, Juvederm and Restylane these are popular and regarded as high-quality brands. Fillers range in thickness depending on the area to be treated.

## Which areas can be treated?

Dermal fillers are effective for most areas of the face to restore lost volume, create natural contours and smooth fine lines and wrinkles. It is possible if used in the correct way dermal fillers can be very discreet and natural.

Lips and areas around the mouth are commonly treated with dermal fillers to define and volumise the body of the lips. The corners of the lips can be upturned, and the indentations can be filled out. The tiny lines across the top lip sometimes called smokers lines can be smoothed away.

Cheeks, jawlines and chins can be filled to restore structure and symmetry to the face.

The creases that appear from the corners of the nose to the corners of the mouth can sometimes called nose to mouth lines can be filled to soften the shadows without losing the natural shape to the face.

The eye area can be rejuvenated using a variety of fillers and techniques to improve the appearance of dark circles known as the tear troughs, shadows, wrinkles and dehydration can all be treated with dermal fillers.

Consultations are always recommended and are free of charge.

## When will I see a result?

Dermal fillers are instant; however the final result is seen at week 2 when the filler has settled into the skin. The hyaluronic acid can hold 1000 times its own weight in water and will improve whilst swelling and redness subsides leaving a further improved result at week 2.

## Do dermal fillers hurt?

A slight scratch as the needle is inserted into the skin. The area may feel bruised tender for a few days after treatment but will soon resolve.

## How long do they last?

Depending on the type of fillers they can last anywhere between a 3-18 months, you will be advised during your consultation about the longevity of the specific filler.

## Are dermal fillers safe?

Dermal fillers are considered to be safe, but side effects can occur. The most common problems include; skin rash, itching, redness, bruising, bleeding, swelling, lumps-these can be easily resolved by visiting your practitioner to massage.

Infections are possible after procedures and care should be taken not to apply makeup, creams or touch the areas after treatment.

Blockage of vessels can happen however this is very rare and would be managed urgently by your practitioner.

## What should I expect after my treatment and what aftercare should I follow?

Its really important to care for your after care following a treatment to ensure your results are as effective as possible and reduce the likelihood of complications. At Skin by Sarah we are passionate about delivering great results and committed to safety we are always happy to help with aftercare and advise the following:

- The sometimes feels tender and swollen and resolves in the days following the procedure.
- Avoid touching the area for 6-8 hours after treatment.
- Do not apply anything to the area treated for 6-8 hours i.e. makeup, creams
- Avoid extreme heat or cold e.g. sunbeds or saunas.