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## Hyaluronic Acid Dermal Filler INFORMATION & TREATMENT INSTRUCTIONS

Hyaluronic acid is naturally present in the skin as part of collagen and elastin and is a powerful moisturizing agent. The amount and quality of hyaluronic acid in the skin and underlying soft tissue decreases with age, allowing the skin to dry out and sag, forming wrinkles or folds.

Hyaluronic acid in dermal fillers are made from bacterial fermentation and so are much less likely to cause the adverse reactions of earlier animal-based fillers. Their reduced protein and bacterial endotoxin levels resulting in less hypersensitivity reactions and swelling.

Dermal fillers are used to smooth out wrinkles and depressed scars, fill areas of volume loss such as lines around the nose or mouth, or to enhance areas such as lips.

Hyaluronan fillers come in a wide range of products specifically designed for different areas of the face and body. Fine lines and crepey skin on the face and body can be treated with fillers using meso-hydration techniques. Cheek and chin volume can be restored. Folds around the nose and mouth can be softened or eliminated. Volume and definition can be given to thin lips. Some scars can be treated as well. When treating certain areas, local anesthetic or nerve blocks may be used to numb the area prior to treatment and some fillers can contain local anesthetic in the syringe. Fillers can last 6 to 12 months or longer if treatments are maintained. ***Although good results are expected, with the emphasis on improvement rather than perfection, every person is unique and it is impossible to guarantee.***

Other options for treating loss of facial volume or wrinkles include **Botulinum Toxin A** injections for wrinkle prevention, Radiofrequency skin tightening, Carboxytherapy or surgery/fat grafting for wrinkles and volume loss or not doing the procedure at all. Combining treatments may further enhance and prolong results, for example **Botulinum Toxin A** upper lip treatment and hyaluronic filler in the lip. There may be other options not listed.

Dermal fillers are **not recommended** if you are breastfeeding or pregnant, have active infection at the site or having certain laser resurfacing or radiofrequency skin tightening procedures.

Smoking or second hand smoke can interfere with tissue healing and increase risk of infection. It also increases the number of free radicals in your skin that destroy filler and collagen.

U Cosmetic has chosen a range of specific medical grade skincare products that complement all of our procedures and can prolong results of treatments.

### ***Injection-related side effects can include:***

- bleeding and bruising. Aspirin, anti-inflammatories, anti-platelet medications, anticoagulants, vitamin E, ginkgo biloba, green tea and other herbs may increase bleeding or bruising so avoid these medications prior to treatment.
- swelling which is common after injections and may take a few days to a week to resolve.
- redness at or around the injection site and can last a few days.
- needle marks which may be visible from the injections and can last a few days
- Cold sores following injection that can last for 7 to 10 days. *If you have had cold sores inform the clinician and antiviral medication can be prescribed to limit or prevent them.*
- discomfort associated with the injection that is expected and short-lived. It may feel like a “headache” in your face that day and evening. You may also hear or feel a crunch with deeper injections such as with cheek enhancement.
- skin sensitivity reactions such as rashes or itching. These are less common with the newer fillers because of very low protein content. *If you have an allergy to lidocaine inform the clinician.*
- damage to nerves, blood vessels and soft tissue during injection.
- infection.

### ***Filler-related side effects can include:***

- asymmetry. Faces are naturally asymmetrical. It may not be possible or desirable to achieve symmetry. The focus is on improvement rather than perfection.
- visible tissue filler in treated areas with very thin skin such as around the eye or lip or with meso-hydration that can last for a few days on the face or up to 4 to 7 days on the body. Gentle massage may hasten resolution of any irregularities.
- palpable lumps under the skin, these will soften over a short time, rarely do they remain.
- skin necrosis or break down is very rare but if it occurs may produce significant scarring.
- prolonged swelling, re-occurring infection, allergic reaction
- granuloma (lump) formation over time in response to the hyaluronan gel in the tissue.

### ***After your treatment:***

- avoid exercising for 4 to 12 hours following the treatment.
- avoid very hot or cold drinks or eating if you have had a dental block until it has worn off
- do not lie facedown for 24 hours. Sleep on your back that night (hint use the Envy Pillow).
- you may notice a pattern of small raised bumps if meso-hydration technique was used.
- some treatments may require rubbing or massaging the area treated while other treatments may not. Ask your clinician which is recommended for you.
- you may gently wash your face.
- use ice to decrease swelling and pain. If the discomfort is excessive contact the clinic immediately. Take acetaminophen for any minor discomfort.
- ask the doctor if you should wait before receiving other treatments.
- consider an effective medical grade skincare plan if you are going to invest in your skin with hyaluronan gel fillers.
- call the clinic if you have any questions about your treatment. We are here to help you and want your experience to be a pleasant one.

*love being u*