

# YOUR DECISION:

## Dermal Fillers (Hyaluronic Acid)

This form is not just a formality- it's a record of your decision to consent to a procedure having considered the risk of both positive and negative outcomes and medical risks listed below, and the impact they may have on your well-being.

**Please initial the boxes you have read, understood and discussed as required with your clinician.**

**What is being injected?** Hyaluronic acid injectables include branded products such as Juvederm, Restylane, Boletero, Proffilo and others improve the appearance of lines, correct volume loss or alter proportions. They include in their makeup mainly water, hyaluronic acid, lidocaine anaesthetic, and stabilising molecules such as BDDE (1,4-Butanediol Diglycidyl Ether).

**Risks of injection:** Trauma during the procedure is caused by needles and cannulas passing through tissue, and includes bleeding, bruising, haematoma (a larger collection of blood in the skin, outside of blood vessels), damage to underlying structures including veins, arteries, nerves, salivary glands, lymph nodes, bone, muscle and other soft tissue structures are possible. In rare cases this could cause continuous problems in appearance, sensation or function and may require medical intervention to treat or may be permanent. Most traumatic injuries heal completely on their own.

**Infection:** Bacterial, viral or fungal infections can occur post procedure. Infections can cause redness and swelling and resolve or progress into abscesses or biofilms which can be slower to recover. Rarely infections occur months later as 'biofilm reactions'. Symptoms include itching, and a lumpy or "thick" feeling at or just under the skin. Injections into the lip area could trigger a recurrence of cold sores (Herpes simplex infections) which may require treatment. These problems may resolve in time, but medical intervention may be required in some cases, and long-term effects may persist in rare cases.

**Reactions:** Reactions rarely occur but can include an immediate reaction causing swelling, and very rarely life threatening anaphylaxis. Delayed reactions localised to the skin can cause nodules, lumps or bumps or very rarely sterile abscesses. These may occur soon after the procedure or months later. They may require treatment and may leave permanent effects on the appearance, sensation and function of the areas affected. The chance of a reaction is reported to be 0.5% or 1 in 200. The chance of delayed reaction increases if you have active autoimmune disease or an active immune system including viral or bacterial infections elsewhere.

**Lumps, Bumps, Swellings-** Unwanted visual side effects may cause dissatisfaction or distress, and include an increase in asymmetry, swelling, lumps, bumps puffiness or surface irregularities. These non-inflamed filler side effects are temporary and treatable with full resolution likely.

**Skin Changes-**Procedures are rarely associated with pigment changes, the formation of thread veins or new capillaries, and other blemishes. These may either recover, require further treatment or be permanent.

**Blood Vessel Blockage:** In rare instances the blood supply can be blocked by filler. This can cause local tissue injury called 'necrosis', which can result in permanent scarring. There are extremely rare cases in which blood supply to the eye or parts of the brain being affected causing blindness and stroke. Seeking help immediately if you suspect blood vessel occlusion is vital to prevent scarring.

**Follow-up:** I understand adjustments requiring more product incur a charge.

**Dissatisfaction:** I understand that with all treatments the precise degree of improvement cannot be guaranteed. The outcome's subjective nature also means dissatisfaction is a possible outcome regardless of effectiveness of treatment. I understand that the effect of all treatments may gradually wear off, additional treatments may be necessary to acquire the desired effect, and further charges will apply if more product is required.

**Agreement:** By signing this form, you agree that you have read this form carefully and considered the side effects, risks and uncertainty of the outcome and decided the treatment is still in your best interests. You have discussed all the details of the treatment plan, past treatments and your medical history with your clinician and shared all the information your clinician may need to plan a treatment. You agree that the balance of the benefits and risks to you overall favour the use of dermal filler. You understand that the initial treatment of side effects and complications is included in the cost of the procedure and therefore no refunds are issued due to any of the above occurring. You understand photographs are taken and stored for 7 years as part of my clinical record:

**Client:** Name: .....Signature: .....Date: .....

**Clinician:** I confirm I have summarised the relevant consent information verbally and checked understanding.

Clinician signature: .....

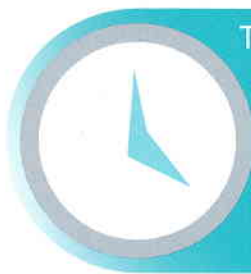
Additional Notes/Lot Numbers of Products.....

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## Dermal Fillers (Hyaluronic Acid)



The results of dermal fillers are immediate & last for 6-18 months

If you have undergone a dermal filler treatment, a hyaluronic acid gel was injected into your skin or lips to improve shape, proportion, lines, shadows or wrinkles.

### What's Normal after a Procedure?

Due to the anaesthetic in the gel, you may feel numbness or tingling immediately after the procedure, and have some moderate swelling, redness, bruising and tenderness over areas treated. Some people experience a dull ache, and tenderness over the treated areas which subsides between 48-72 hours. Mild, non-painful swelling can last for up to 2 weeks. Bruising is usually visible initially, then more obvious the next day before fading over 7 to 14 days. A small minority of bruises can last for 4-6 weeks.

### How to Protect Your Result & Reduce Side Effects

- For 48 hours you should avoid exposure to UV light and heat i.e. sauna, steam, sun beds, hot showers, strenuous exercise etc, as this may increase discomfort and swelling.
- Keep the area cool with a cold compress, but don't apply ice which can cause injury.
- Try to avoid unnecessary pressure over any areas treated, especially in the first 24 hours.
- Avoid facial massages or skin resurfacing until the area has healed fully.

### Reduce the Chance of Infection:

Reduce the risk of infection and reaction by not touching the area for 6 hours. Do not apply make-up over injection points until the day after the procedure.

### When to Contact Us...

Serious complications are rare, but it's vital you seek urgent review if anything like this occurs:

- Swelling, puffiness or lumpiness which does not fade in the first week with a gentle massage.
- The filler changes texture and becomes hard, nodular or lumpy, especially if there is redness or tenderness after 48 hours. All these symptoms may indicate a need for medical assistance from your clinician or family doctor if you are unable to see us, but please contact us so we can advise.

### **IMPORTANT: Contact us immediately if you have symptoms of a blocked blood vessel.**

If you develop increasing pain near or above the site of injection which is getting worse over time, especially if associated with a pale area of skin indicating a lack of blood flow you should contact us straight away. **In rare cases, an urgent reversal or other medical interventions may be required immediately to prevent scarring. If we are unreachable attendance at accident and emergency is advised.** Make contact with us soon as possible so we can advise other clinicians to help them.