

# FILLERS



THE VANITY LAB

# WHAT ARE FILLERS?

Fillers are a non-surgical way to restore volume, lift, add shape and contour features anywhere on the face. Fillers appear as a gel substance. It's small enough that it can be inserted into a needle and delivered to spots to restore volume. It is created to mimic a naturally-occurring acid in the body, and for that reason, the tissue and skin around dermal fillers usually does not react in any way.

Fillers can be used to restore volume to areas of the face like the cheeks, temples and nasolabial folds. They can be used to add volume to thinning lips, enhance the chin and cosmetically re-shape the nose and even the hands. Our fillers are safe, and don't require you to stay off of your feet when you're done.

# HOW DO FILLERS WORK?

Dermal fillers work by boosting the skin's supply of hyaluronic acid, dermal fillers revitalise and add volume to the skin, instantly diminishing the appearance of lines and wrinkles, and giving a natural softer look.

Fillers are a soft injectable gel consisting of stabilized, non-animal hyaluronic acid. The gel is tissue-friendly and closely resembles the hyaluronic acid that exists naturally in the body. It is long-lasting but not permanent and will depend on the condition of your skin, area treated, amount of product injected, injection technique and lifestyle factors such as sun exposure and smoking.



# INDICATION FOR FILLERS

If you don't want full-scale plastic surgery, but you want to look naturally refreshed and rejuvenated, dermal fillers will give you instant and long lasting results by lifting and contouring your face.

Fillers can be used for:

- Facial augmentation: Cheeks, nose, lips, chin, and jawline.
- Facial contouring: Temples, sagging lower lids, naso-labial folds, brow lifting.
- Fine facial lines: Crow's feet and smokers' lines



# POSSIBLE RISKS

Although most patients do not experience the following, you should discuss each of these risks with your Doctor to make sure you understand the risks, potential complications, limitations, and consequences of filler injections. If you are worried about any side effects you think you may be experiencing, or the duration thereof, contact your Doctor as soon as possible to discuss this and to obtain medical advice or treatment if needed.

**Bleeding and bruising:** Its possible, though unusual, to have a bleeding episode from a filler injection or local anaesthesia used during the procedure. Bruising in soft tissues may occur. Bruising takes a week to settle down, but healing can be accelerated with the use of ice 3 times/day for 5 minutes.

**Swelling:** Swelling (oedema) is a normal occurrence following the injections. It decreases after a few days.

**Pain:** Discomfort associated with injections is normal and usually of short duration.

# PREPARING FOR THE TREATMENT

Do not take any aspirin, ibuprofen or similar products (Advil, Motrin, Aleve) for 1 week prior to filler.

Avoid fish oil, Vitamin E, and ginkgo biloba for 1 week prior to filler.

Eat spinach, kale and celery the week before to boost your levels of Vitamin K.

Avoid eating apples or large quantities of garlic before your appointment.

Apply Arnica + Vitamin K Cream to areas most affecting by bruising (around the mouth and under the eyes) for several days before injection.

Additional Instructions:

Hydrate and eat a large meal before filler and bring a snack to eat right before the injection. It is important to have a full meal before a filler appointment.

# WHAT TO EXPECT DURING THE TREATMENT

Your Doctor will disinfect the site where you'll be injected, then apply an anaesthetic (such as lidocaine to the area. The anaesthetic may be applied topically, injected or may be included in the syringe.

You'll need to remain very still while your Doctor injects the filler material. The needles used are very fine, so most people experience only mild discomfort.

Straight after your treatment the Doctor will discuss the relevant after care with you and you will be provided with ice to soothe the areas.

Your doctor may ask that you come in for follow-up appointments to evaluate your results and administer additional injections if needed.



# WHAT TO EXPECT AFTER THE TREATMENT

The full results of your treatment may take up to 14 days to take full effect.

The results will last for an average of 12 - 18 months, depending on the condition of your skin, area treated, amount of product injected, injection technique and lifestyle factors such as sun exposure and smoking.

# DURATION OF TREATMENT

Treatment time can vary between 30 - 60 minutes, depending on the area(s) treated.



# AFTERCARE PRODUCTS AND ADVICE

- For 4 hours - do not lie down or do strenuous exercise and similar activities, nor should you do anything that increases the blood flow to the injected area
- For 12 hours - avoid alcohol consumption
- Avoid make-up application for 2 hours at the injection sight to avoid contamination in the area
- For 24 hours - do not rub or massage the treated areas as this could influence the effect of the product
- For 2 weeks - avoid direct sun exposure, UV light, freezing temperatures and saunas

- Tiny bumps or marks will go away within a few hours after your treatment, applying ice lightly to the area will offer relief
- Avoid dental procedures and any invasive skin or surgical procedures for 4 weeks

Please note that no treatment can halt the ageing process completely, you will require top-up treatments if you want to maintain the effect, so please ask your Doctor when he/she would recommend rescheduling another appointment.

# RARE ADVERSE REACTIONS

- Needle marks: Visible needle marks from the injections occur normally and resolve within a few days.
- Acne-like skin eruptions: This can occur following the injection of tissue fillers and generally resolves within a few days.
- Skin sensitivity and erythema, skin rashes, itching, tenderness and swelling may occur following injections.
- Infection: Although unusual, bacterial, fungal, and viral infections can occur. Herpes simplex virus infections around the mouth can occur following a tissue filler treatment. You should advise your doctor if you suffer from cold sores and receive the necessary prophylaxis. Should any type of skin infection occur, additional treatment including antibiotics may be necessary.
- Damage to deeper structures: Deeper structures such as nerves and blood vessels may be damaged during injection. Injury to deeper structures may be temporary or permanent.
- Skin lumpiness: This tends to smooth out over time.
- Visible tissue filler material: It may be possible to see some type of tissue filler material which was injected in areas where the skin is very thin.
- Granulomas: Painful masses in the skin and deeper tissues after a filler injection are extremely rare but can occur.
- Migration of filler: The filler substance may migrate from its original injection site and produce visible fullness in adjacent tissue or other unintended effects.
- Allergic reactions and hypersensitivity: Fillers should not be used in patients with a history of multiple severe allergies, severe allergies manifested by a history of anaphylaxis, or allergies to gram-positive bacterial proteins. Allergic reactions may require additional treatment.
- Drug and local anaesthetic reactions: There is the possibility that a systemic reaction could occur from either the local anaesthetic or epinephrine used for sensory nerve block anaesthesia when tissue filler injections are performed. This would include the possibility of light-headedness, rapid heartbeat (tachycardia), and fainting. Medical treatment of these conditions may be necessary.
- Accidental intra-arterial injection: Although extremely rare, while injecting, fillers could be accidentally injected into arterial structures and produce a blockage of blood flow. This may produce skin necrosis in facial structures or damage blood flow to the eye, resulting in loss of vision.
- Scarring: Fillers should not be used in patients with known susceptibility to keloid formation or hypertrophic scarring.



# COST OF FILLER

Half Syringe: From \$449

Full Syringe: From \$749

Under Eye Filler: From \$999

For an accurate price we recommend scheduling a consultation to discuss your desired results.



## BOOK YOUR FILLER TODAY



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