
Facial Aesthetics Treatment Patient Information

This is an exciting time as you prepare to undergo Facial Aesthetics treatment (Botulinum Toxin and/or Dermal Filler).

It is very important to us that you feel comfortable and confident and it is VITAL that you understand the nature of the proposed treatment, together with any potential side effects or complications. Answering your questions is our top priority.

The following information outlines the frequently asked questions by patients undergoing these treatments and should provide you with an understanding of the treatments and what to expect.

However, should you have further questions or concerns prior to presenting for treatment, please do not hesitate to discuss these with your dentist or email us.

How should I prepare for treatment?

- Read all information provided (including consent forms); complete the medical history form and ask any questions you may have.
- Avoid alcoholic beverages at least 24 hours prior to treatment.
- Avoid anti-inflammatory or blood thinning medications (Aspirin, Vitamin E, Gingko Biloba, St. John's Wart, Omega-3 Fish Oils, Ibuprofen), for a period of two weeks before treatment.
- Do not schedule any major events on the day of, and up to two weeks following treatment, to allow for any bruising or swelling to subside and injectables take effect.
- Wear comfortable clothing and remove all make-up on the day.
- If you are running late on the day or are unable to make it, please call.

Facial Injectable Treatment FAQ's

WHAT CAN I EXPECT ON THE DAY?

- Treatment will be administered via several injections across the facial region and you may also be given dental anaesthetics, which will cause numbness of parts of your face for several hours, before wearing off. Please do not eat until you regain your feeling.
- Treatment is designed to provide natural, safe enhancement. Please be aware that additional treatment may be required to fully address your areas of concern and this will be reviewed and administered at your follow-up appointment, 2 weeks after your treatment. It is likely that you will need to pay for this additional treatment.
- Please follow the post-operative instructions that will be provided to you and contact us immediately if you have any concerns after treatment.

WHAT IS BOTULINUM TOXIN AND WHAT WILL IT DO?

- Botulinum Toxin Type A is derived from the bacteria Clostridium Botulinum – brand names include Botox®, Dysport® and Xeomin® - but there is no bacteria in it at all.
- These are pharmaceutical grade, purified proteins that deliver predictable results, accurately and with very few potential side effects.
- Botulinum Toxin works by blocking neurotransmitters in the target muscles thereby reducing the strength of muscle contraction. This is useful for aesthetic applications, such as wrinkles caused by muscle (eg. Crow's feet around the eyes, forehead lines), where the contraction of the underlying muscle has caused a crinkling of the overlying skin. By injecting small amounts of this material, the muscle contraction is relaxed and the overlying skin smooths out.
- This material can also be used for therapeutic applications, such as nighttime tooth grinding, as it helps relax the overactive muscles of the face contributing to the problem.

- Your treatment could involve aesthetic or therapeutic applications depending on your needs.
- Treatment results will not start to take affect for 7-10 days and are temporary, lasting between 3-6 months before normal function returns completely.

WHAT ARE DERMAL FILLERS AND WHAT WILL THEY DO?

- Dermal Fillers used consist of Hyaluronic Acid (HA), which provide predictable results, accurately and with very few potential side effects.
- This is a substance that is naturally present as a vital component of our skin, eyes and joints. Like collagen and elastin, HA is lost as we age, resulting in a loss of volume and support for the skin, which causes sagging, grooves and lines on the face.
- In addition to restoring volume, HA is very hydrating and can improve the condition of the skin.
- By injecting Dermal Fillers, we can help restore this volume and smooth out various depressions to regain a more youthful appearance or correct various defects like thin, asymmetrical lips.
- Dermal Fillers will be administered under local anaesthetic. Treatment results are seen immediately but are temporary, lasting between 3-12 months before normal contours return.



WHAT ARE THE POTENTIAL COMPLICATIONS OR SIDE EFFECTS?

- Injections of Botulinum Toxin and Dermal Fillers have predictable and reliable outcomes with few side effects. The treatments themselves are temporary by nature, with any effects completely wearing off with time.
- These treatments should not be undertaken by women who are pregnant or breast-feeding or who are contemplating doing so. They should be avoided in people with certain underlying medical conditions for which you will be pre-screened for.
- The majority of minor side effects resulting from treatment are actually to do with the injection site rather than the material itself. These are the same for any injection you experience and may include, at the site of injection, redness, soreness, swelling, bruising, bleeding, itching, rash and pain for several days afterward.
- A full list of post-care instructions will be issued to you in order to minimize side effects and maximize results. However be aware that to get the best results, you must also be looking after your skin by avoiding sun exposure, not smoking, using good skincare products at home and undergoing skin resurfacing treatments such as chemical peels or laser.
- On rare occasions with Botulinum Toxin, muscles that were not intended for treatment may become effected which could result in a drooping of the eyelids, eyebrows, lips, cheeks etc with associated problems with vision, speech, chewing and talking. With Dermal Fillers, very rarely there may be blockage of some blood vessels, which will affect the health of the skin or cause blindness. Thankfully – these are very rare.
- Even more rare is the chance of experiencing a severe allergic reaction to the material, called anaphylaxis.