



HYALURONIC ACID [HA] DERMAL FILLER AFTERCARE + CONSENT FORM

Procedural Description

Injectable hyaluronic acid (HA) is a type of temporary dermal filler. Hyaluronic acid is found naturally throughout the body, with the highest concentrations in the joints, eyes, and skin. In the skin hyaluronic acid attracts water, which allows the skin to become more hydrated. The four major structural components of our face are skin, fat, muscle, and bone. As we age, volume loss in these structures contributes to many of the visible signs of aging. Dermal fillers may help. Over time, age-related bone loss in the face can lead to retraction of the jawline, descent of the nose, and loss of high cheekbones. The facial muscles also decrease in volume and elasticity, and deflation and movement of facial fat further accentuate the signs of aging. Finally, the skin stretches and loses elasticity – compounded by the loss of scaffolding provided by fat, muscle, and bone, this leads to wrinkles, sagging skin, and other familiar signs of aging. This loss of volume leads to either a sunken or sagging appearance of the face, fine lines, wrinkles, folds, and thin lips. Injectable HA is used to create structure, framework, and volume by plumping and lifting areas of lost facial volume to the face and lips. The effects of injectable hyaluronic acid are seen immediately. Restoring a more youthful appearance. Results are seen right away and last months to years depending on the type of filler and the location.

One of the main benefits of HA fillers, aside from their natural appearance when injected, is that they can be dissolved by a special solution in case of an adverse event, or if the person dislikes the appearance. Also, most HA fillers are premixed with lidocaine, a numbing agent, to maximize comfort during treatment. Since some dermal fillers are naturally absorbed over time, patients may need to repeat the procedure after some time to maintain the desired effect. Successful results will depend on the underlying tissue structure and the volume and type of filler used. The time that the effect lasts depends on the filler material and the area where it is injected.

Before Your Treatment

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort, and high doses of vitamin E for at least 7-10 days before your appointment, unless medically necessary.
- You may take Tylenol® (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience if you have concerns about discomfort.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor that you have made your appointment with, one week prior to your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Avoid dental procedures (including cleaning) 2 weeks pre-filler and 2 weeks post filler
- Come to your appointment with a clean face. **This means NO MAKEUP or MOISTURIZER**
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.

- Bruising and swelling will be worse for the first 24-48 hours after you receive your dermal filler injections. Refrain from exercising for the remainder of the day following your injection(s). You may want to refrain from going to any special events during this time.

Post-Treatment Instructions

- Avoid significant movement or massage of the treated area unless instructed by the provider.
- Avoid strenuous exercise or anything that increases your heart rate for 24 hours.
- Avoid extensive sun or heat for 72 hours (no sauna, hot tub).
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- You may apply a cool compress or ice pack for 15 minutes each hour while awake to reduce swelling.
- Use Tylenol (acetaminophen) for discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.
- Try to sleep face up and slightly elevated if you experience swelling.
- You may want to consider taking Arnica (found in health food stores or sold at the studio) to help with the bruising and swelling.
- If you experience bruising, Arnica natural supplement can be taken to help bruising resolve at a faster rate; take 5 tablets three times per day (this can be started 1 week prior to injections).
- Sanitize your phone before putting it to your face and try to talk on speakerphone as much as you can the day of.
- Wait a minimum of two weeks before dental work, immunizations, or laser treatments.
- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare regimen. Please be sure to ask your provider or get a consultation with one of our master aestheticians for product recommendations that best fit your goals for healthier skin.

Dermal Filler Consent Form

The nature of the Dermal Fillers has been explained to me. I understand that just as there may be benefits from the procedure, every procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a procedure is based on the comparison of the risk to the potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with your provider to make sure you understand the risks, potential complications, and consequences of Dermal Filler. Although good results are expected, there cannot be any guarantee or warranty expressed or implied with regard to the results that may be obtained. I understand that the following are among the expected side effects of Dermal Filler:

Erythema (Skin Redness):

Erythema in the skin occurs after injections. It can be present for a few days after the procedure.

Under / Over Correction:

The injection of soft tissue fillers to correct wrinkles and soft tissue contour deficiencies may not achieve the desired outcome. The amount of correction may be inadequate or excessive. It may not be possible to control the process of injection of tissue fillers due to factors attributable to each patient's situation. If under correction occurs, you may be advised to consider additional injections of tissue filler materials.

Asymmetry:

The human face is normally asymmetrical in its appearance and anatomy. It may not be possible to achieve or maintain exact symmetry with tissue filler injections. There can be a variation from one side to the other in terms of the response to the injection. Addressing this may require additional injections.

Damage to Deeper Structures:

Deeper structures such as nerves and blood vessels may be damaged during the course of injection. Injury to deeper structures may be temporary or permanent.

Skin Lumpiness:

Lumpiness can occur following the injection of fillers. This tends to smooth out over time. In some situations, it may be possible to feel the injected tissue filler material for long periods of time.

Visible Tissue Filler Material:

It may be possible to see any type of tissue filler material that was injected in areas where the skin is thin.

Granulomas:

Painful masses in the skin and deeper tissues after a filler injection are extremely rare. Should these occur, additional treatments including surgery may be necessary. Fillers should not be used in areas with active inflammation or infections (e.g., cysts, pimples, rashes, or hives).

Migration of Filler:

The filler substance may migrate from its original injection site and produce visible fullness in adjacent tissue or other unintended effects.

Skin Necrosis:

Filler injection-induced necrosis is a rare but important adverse event that is due to the direct injection of the filler into a vessel. Blanching or pallor is a cardinal sign that suggests an arterial occlusion. Prolonged blanching - the affected area may appear pale or white, discoloration - the area may also turn dusky or purple. If you notice these changes in the surrounding injected tissue, please contact the provider and studio immediately. It is very unusual to experience the death of skin and deeper soft tissues after injections. Skin necrosis can produce unacceptable scarring. Should this complication occur, additional treatments, or surgery may be necessary.

Allergic Reactions and Hypersensitivity:

As with all biological products, allergic and systemic anaphylactic reactions may occur. 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 Anesthetic Reactions:

There is the possibility that a systemic reaction could occur from either the local anesthetic or epinephrine used for sensory nerve block anesthesia when tissue filler injections are performed. This would include the possibility of light-headedness, rapid heartbeat (tachycardia), and fainting. Medical treatment for these conditions may be necessary.

Antibodies to Fillers:

The presence of antibodies to hyaluronic acid tissue fillers may reduce the effectiveness of this material or produce a reaction in subsequent injections. The health significance of antibodies to hyaluronic acid tissue fillers and other fillers is unknown.

Accidental Intra-Arterial Injection:

It is extremely rare that during the course of injection, 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. The risks and consequences of accidental intravascular injection of fillers are unknown and not predictable.

Scarring:

Fillers should not be used in patients with known susceptibility to keloid formation or hypertrophic scarring. The safety of patients has not been studied.

Unsatisfactory Result:

Filler injections alone may not produce an outcome that meets your expectations for improvement in wrinkles or soft tissue depressions. There is the possibility of a poor or inadequate response from filler injection(s). Additional injections may be necessary. Surgical procedures or other treatments may be recommended in addition to additional treatments.

Unknown Risks:

The long-term effect of facial fillers beyond one year is unknown. The possibility of additional risk factors or complications attributable to the use of facial filler as a soft tissue filler may be discovered.

Combination of Procedures:

In some situations, Botox® injections or other types of tissue filler materials may be used in addition to facial filler in order to specifically treat areas of the face or to enhance the outcome from tissue filler therapy. The effect of other forms of external skin treatments (laser and other light therapies, microdermabrasion, dermabrasion, or chemical peels) on skin that has been treated with facial filler is unknown.

Pregnancy and Nursing Mothers:

Animal reproduction studies have not been performed to determine if Hyaluronic Acid fillers or other facial fillers could produce fetal harm. It is not known if Hyaluronic Acid fillers or their breakdown products can be excreted in human milk. It is not recommended that pregnant women or nursing mothers receive Hyaluronic Acid Filler or other facial filler treatments.

Drug Interactions:

It is not known if facial filler reacts with other drugs within the body.

Long-Term Effects:

Hyaluronic Acid Filler or other facial filler injections should not be considered a permanent treatment for the correction of wrinkles and soft tissue depressions. Over time, the facial filler material is slowly absorbed by the body, and wrinkles or soft tissue depressions will reappear. Continuing facial filler treatment (injections) is necessary in order to maintain the effect of the Filler. Subsequent alterations in face and eyelid appearance may occur as the result of aging, weight loss or gain, sun exposure, or other circumstances not related to Facial Filler injections. Future surgery or other treatments may be necessary. Facial Filler injection does not arrest the aging process or produce permanent tightening of the skin or improvement in wrinkles.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Dermal Filler: allergic reactions, swelling, itching, infection / cold sores, Asymmetry, bleeding, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, dry eyes with corneal irritation, eye damage, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures.
- I understand that compliance with pre- and post-care instructions is crucial for the success of my Dermal Filler and to prevent unnecessary side effects or complications.
- I understand that there are many variable conditions that influence the long-term results of Dermal Filler. The practice of medicine and surgery and the subsequent use of lasers is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, skin care regimen, and other procedures aid in results.
- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age:

By signing below, I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE, AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
