



# CHEEK / MID-FACE FILLER AFTERCARE AND CONSENT FORM

## Procedural Description

The Cheek / Mid-Face Filler Treatment is designed to restore volume, definition, and structure to the mid-face area, targeting the cheeks to enhance overall facial balance and rejuvenation. Volume loss in the cheeks and mid-face can lead to sagging, deeper nasolabial folds, and diminished contours, contributing to an aged appearance. This treatment provides foundational support to the mid-face, creating a natural lift and smoothing transitions in adjacent areas, such as the nasolabial folds and jawline, for a youthful, refreshed look.

Typically, 2-3 syringes of hyaluronic acid (HA) filler are used, though the exact amount depends on individual anatomy and desired results. The treatment is tailored to enhance cheek contours and create a smooth, balanced facial profile.

## Treatment Areas

- **Cheeks:** Restores volume to enhance cheek contours and provide foundational lift to the mid-face.
- **Mid-Face:** Adds structure and volume, improving transitions and supporting adjacent areas for facial harmony.

## Procedure Details

- **Product Used:** Hyaluronic acid-based dermal fillers.
- **Technique:** Customized injection techniques tailored to individual anatomy and aesthetic goals, including lifting and contouring approaches.
- **Duration:** Approximately 45-60 minutes.
- **Anesthesia:** Topical numbing cream may be applied to enhance comfort.

## Pre-Treatment Instructions

- **Avoid Blood Thinners:** Refrain from blood-thinning medications and supplements (e.g., aspirin, ibuprofen, fish oil, vitamin E) for at least 7 days prior, unless otherwise directed by your healthcare provider.
- **Avoid Alcohol and Smoking:** Limit alcohol and avoid smoking for 48 hours before treatment to reduce bruising risks and support healing.
- **Cold Sore Precaution:** If you have a history of cold sores, please inform your provider for potential preventive care.
- **Hydrate:** Drink plenty of water leading up to your appointment to support optimal results.
- **Arrive with Clean Skin:** Please arrive with no makeup on to ensure a sterile treatment environment.

## Post-Treatment Instructions

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- **Avoid Touching or Rubbing:** Refrain from touching or rubbing the treated areas for at least 24 hours.
- **No Makeup:** Avoid applying makeup on or around the treatment areas for 24 hours to minimize infection risks.
- **Stay Hydrated:** Continue to drink water, as hyaluronic acid fillers retain hydration and support volume retention.
- **Cold Compresses:** Apply a cold compress gently if you experience swelling or bruising.
- **Avoid Strenuous Activity:** Avoid intense exercise, saunas, hot tubs, and direct sun exposure for 48 hours post-treatment.
- **Sleep on Your Back:** Sleeping on your back with your head slightly elevated can help reduce swelling.

## Potential Risks and Complications

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As with any injectable procedure, there are potential risks and side effects associated with HA filler for the cheeks and mid-face area, including but not limited to:

- **Bruising and Swelling:** Mild bruising and swelling are common and usually resolve within a few days.
- **Tenderness or Discomfort:** Temporary tenderness or discomfort may occur at the injection sites.
- **Asymmetry:** Minor asymmetry may occur, which may require follow-up treatment for adjustment.
- **Lumps or Nodules:** Small lumps or bumps may form in the treated areas; these typically resolve on their own or with gentle massage.
- **Infection:** Although rare, any injection carries a risk of infection. Following aftercare instructions minimizes this risk.
- **Allergic Reactions:** Allergic reactions to hyaluronic acid or numbing agents are rare but possible.
- **Vascular Complications:** Filler injections near blood vessels carry a rare risk of obstructing blood flow, which can lead to tissue damage.

## Expected Results and Maintenance

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- **Natural-Looking Enhancement:** This treatment is designed to restore natural volume to the cheeks and mid-face, enhancing facial balance and achieving a refreshed appearance.
- **Gradual Improvement:** Results are visible immediately, with full effects becoming apparent over 1-2 weeks as swelling subsides and the filler settles.
- **Longevity:** HA filler results in the cheeks and mid-face typically last 6-12 months, depending on individual factors. Maintenance treatments are recommended to retain the rejuvenated look.

## Contraindications

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This treatment is not suitable for individuals who:

- **Are Pregnant or Breastfeeding:** Injectable fillers are not recommended during pregnancy or lactation.
- **Have Severe Allergies to Filler Ingredients:** Please inform your provider if you have any known allergies to hyaluronic acid or lidocaine.
- **Have Active Skin Infections or Conditions:** Such as active acne, cold sores, or inflammation in the treatment area.
- **Prone to Keloid Scarring:** Individuals with a history of keloid or hypertrophic scarring should consult with the provider.
- **Have Certain Medical Conditions:** Including blood clotting disorders, autoimmune disorders, or other significant health issues that could impact healing. Please discuss your medical history with your provider.

## Consent to Clinical Photography

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For documentation purposes and to track progress, photographs may be taken before and after your procedure. These images are confidential and will be used solely for clinical records and treatment evaluation. They will not be used for marketing or educational purposes without separate, explicit consent.

## WRITTEN CONSENT

By signing below, I confirm that I have read and fully understand this consent form for the Cheek / Mid-Face Filler Treatment. I acknowledge the potential risks, benefits, and aftercare requirements and agree to follow all recommended aftercare instructions. I confirm that I have had the opportunity to ask questions, and all my questions have been answered to my satisfaction. I consent to the administration of the Cheek / Mid-Face Filler Treatment by the trained professionals at Honey Skincare Studio.

PRINTED NAME:

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SIGNATURE:

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DATE:

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