

## TruYou Information Sheet for Belotero

### 1. Why would I use it? What effect will it have?

As we age, our skin loses elasticity and cell turnover slows down resulting in the development of lines and wrinkles. Changes to fat pads and bone density cause volume loss in areas of our face which is seen as shadowing. Such changes can make the individual feel that they look tired and sad with areas such as the jawline looking soft and poorly defined.

We use a variety of types of Hyaluronic acid (filler) depending on the result required, to soften fine lines and wrinkles and to volumise and support areas of fat and bone loss. The result is a fresh and rejuvenated look which matches the inner you! Hyaluronic acid may also be used where no bone or fat loss is present purely to enhance and glamorise features such as cheeks and lips.

#### Which areas can I treat?

The most popular areas for women are cheeks, lips and the peri-oral area (round the mouth). Most popular for men are cheeks and jawline including chin.

We view the face as a whole; our preferred method is for you to come and have a complimentary facial assessment to discuss and prioritise your appearance goals. This way we can plan and agree a journey that is tailored exactly to you! Our aim is for you to look refreshed and feel more confident about your appearance!

### 2. How long will it last?

This depends on the area being treated as well as from person to person. Different areas require different products to create the best result – which is why we recommend you come in for a complimentary facial assessment. This way we can create and plan your journey and provide you with more specific information on price and longevity.

### 3. Is there any reason I can't have treatment (Contraindications)?

We can only treat people that are healthy and well at time of treatment and over the age of 18 years. We cannot inject under the following circumstances:

- Women that are pregnant, planning to get pregnant within the next 3 months or currently breastfeeding are not able to be treated until their infant is fully weaned.
- A history of significant auto-immune disease
- Into an area of infection or inflammation
- A history of true keloid scarring
- History of multiple anaphylactic reactions to different substances and specifically bee or wasp stings
- Allergy / reaction to lignocaine
- Previous semi-permanent or permanent filler or facial implants
- Planned long haul flight within 3 weeks of treatment
- Dental treatment or Covid Vaccination, 4 weeks prior or planned 4 weeks post treatment
- Upper Respiratory Tract infection within the last 2 weeks

### 4. Are there any risks or side effects?

All treatments can have side effects; however small you need to understand what these are so you can decide whether the treatment is right for you. While most are minimal and resolve quickly you need to be aware of:

- A risk of infection because we need to break the skin barrier to inject the product. Note that if you have a history of cold sores the treatment may cause sufficient 'stress' to trigger an outbreak.
- Redness, pain and swelling are common side effects and usually minimal. Bruising / haematoma is also common, the extent of this depends on the treatment area and technique required as well as the individual person. Certain medications and vitamin supplements can increase the risk of bruising.
- 'Lumps and bumps' may be common initially as product is injected; they should not be visible but may be felt under the tissue and will soften out as the product integrates into your own tissue.
- Hardening of product and nodule formation and tissue colouration are potential but not common side effects
- Vascular compromise including loss of sight; an extremely rare complication where filler may block a small blood vessel leading to tissue necrosis. This is reversible in the skin if detected early and treated with an enzyme to dissolve the filler but is not easily treated when it affects the eye.



## TruYou Post Treatment Care Sheet for Belotero

### Post Care:

Following these recommendations will further minimise the risks and side effects of treatment:

- Be vigilant about checking your face for 3 days following treatment and contact us with any concerns. Look for anything unusual on your face, specifically patches of white / grey / blue areas, a lacy pattern on your skin or a patch of pimples, pustules or blisters. Pain may or may not be a factor
- To help prevent infection don't rub or touch the injection sites for a minimum of 2 hours and don't do anything dusty or dirty – like clean out your garage!
- To help minimise bruising don't do anything to get your heart pumping – such as exercise, hot showers or saunas. Don't take medication such as aspirin, anti-inflammatories, fish oils or other medication with anti-coagulant properties for up to 2 hours following treatment
- Try to lie on your back when sleeping for the next two weeks to avoid putting pressure on the treated area.
- Don't smoke, sip through a straw or purse your lips, don't use dark lipstick, drink red wine or eat berries for 24 hours following a lip treatment to avoid the risk of 'tattooing' the tissue.
- Take prophylactic treatment for cold sores if you suffer from these

We like to review you two weeks after your initial treatment to make sure you are happy with the result – and we are too – so remember to book your complimentary follow up appointment.