

TruYou Information Sheet for 'Face Nade' Facial Contouring

Why would I use it? What effect will it have?

As part of the 'growing up' process, our faces change, becoming more oblong as some fat pads in the face reduce in size, while others remain or increase in size; for example, our cheeks flatten, and jowls appear larger as they descend due to loss of support. While dermal fillers may be used to add support for these descending fat pads, further improvement can be made through injection lipolysis (also known as intralipotherapy), which is a minimally invasive medical procedure for targeted fat reduction.

Fat is stored throughout the body within specialized cells known as adipocytes; depending on genetics and other factors, some areas are targeted for fat storage over others. Some clients dislike the resulting facial appearance and opt to reduce the size of specific facial or chin fat pads through a treatment called 'Face Nade' Facial Contouring.

Commonly referred to as fat dissolving injections, intralipotherapy is a form of mesotherapy and one of the nonsurgical fat reduction options available in cosmetic medicine. 'Face Nade' Facial Contouring uses a combination of active ingredients in a dual-action face contouring treatment. In the first stage, the treatment favours the elimination of waste and toxins to improve lymphatic drainage, and, in the second stage, reinforces and firms the skin structure. By promoting lipolysis (the process of breaking down fats), and inhibiting lipogenesis (the formation of fat), Face Nade effectively reshapes the facial contour.

Which areas can I treat?

The most popular areas for treatment are the jowls and neck / chin; however, Face Nade may be used to treat other fat pads of the face, for example, peri-orbital (around the eye) and naso-labial (side of the nose) fat pads. A minimum of 4 treatments is recommended, approximately 2-weeks apart.

How long will it last?

As adults, when we gain weight, we don't increase the number of fat cells, we just increase their size. In the same way, when we lose weight, we don't reduce the number of fat cells, we just reduce their volume. Our body is designed to absorb triglycerides from the bloodstream and store them within the fat cell membrane. When fat is needed for energy or other body functions, fat cells can release their content back into the bloodstream.

'Face Nade' works by promoting the breakdown of fat cells and inhibiting further formation of fat – but not by destroying the fat cells completely. Weight gain will result in fat storage throughout the body in general, with the treated area having less capacity for fat storage which will result in long-term efficacy of the treatment. This means that once you reach the desired results, treatment is expected to last indefinitely unless there is an increase in bodyweight and fat mass.

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.
- Into an area of infection or inflammation
- A history of true keloid scarring
- History of multiple anaphylactic reactions to different substances

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 as well as the individual person. Certain medications and vitamin supplements can increase the risk of bruising.
- Altered skin sensation and a hardening of tissue in the area of treatment.
- Reaction to topical anaesthetic

TruYou Post Treatment Care Sheet for Face Nade Facial Contouring

Post Care:

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

- 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, and limit your alcohol intake.
- Try to lie on your back when sleeping for the next two weeks to avoid putting pressure on the treated area.
- 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.