

**FINOLAS AESTHETIC CLINIC AT
MEDI SPA & BEAUTY CLINIC**
246 Farnborough Road, Farnborough,
Hampshire GU14 7JW

Phone 01252 459000 / 07872 119593

www.finolasmedispaandbeautyclinic.com
www.finolasaestheticclinic.com

OPENING HOURS

Monday	11:00 - 20:00
Tuesday	11:00 - 20:00
Wednesday	09:30 - 20:00
Thursday	09:30 - 20:00
Friday	09:30 - 20:00
Saturday	09:00 - 18:00

Sundays by appointment only



Pre Procedure & Aftercare Advice
Dermal Fillers &
Line Relaxing Injections



www.finolasaestheticclinic.com

DERMAL FILLERS

PRE PROCEDURE ADVICE

Injectable wrinkle fillers can give you a more youthful look for a fraction of what a traditional facelift costs. Most will fill hollows, lines, and wrinkles in less than 30 minutes with results that can last from 4 months to more than a year.

Injectable wrinkle fillers, unlike Botox injections that relax the muscle under a wrinkle, fill the line, crease, or area with one of several different substances. As a result, trouble spots nearly disappear.

Wrinkle fillers can also be used as "volumizers," plumping and lifting cheeks, chins, jawlines, and temples; filling out thin lips, and plumping sagging hands.

The treatment is fast and easy. But all wrinkle fillers have a downside, including the risk of allergic reaction and the formation of tiny bumps under the skin. In some cases, those bumps may be permanent. And sometimes, a bluish skin discoloration known as the Tyndall effect happens. The colour change can last for several months, but there are treatments available. In very rare cases, skin cells may die if the wrinkle fillers are not used properly.

There have also been a few reported cases of blindness and nerve paralysis. Typically, the wrinkle fillers that last longer are the ones more likely to cause side effects.

Not every wrinkle-filler is right for every type of wrinkle. The least risks and best results come from using the right one correctly. That's why you should only have fillers injected by a trained advanced practitioner with ongoing, special training.

All our treatments will start with photographs taken for records before and after.

DermaLeven Aesthetics
(Practitioner: Cecilia Sines - 07514 620188)

PRECAUTIONS:

Beforehand, inform your practitioner about your current list of medications, over the counter products (e.g. vitamins, herbal supplements, etc.), allergies, pre-existing diseases, and current health conditions (e.g. pregnancy, breast feeding, upcoming surgery, etc.). Some health conditions may make you more susceptible to the side-effects of the drug.

WHAT'S THE DIFFERENCE BETWEEN BOTOX AND DERMAL FILLERS?

Lines in a person's face that are "relaxed" lines do not work well with Line Relaxing injections. They're better treated with dermal fillers. Dermal fillers work to rid a person's face of fine lines and wrinkles while Line Relaxing injections, on the other hand, lessens deeper lines. It works best at reducing 'facial expressions' that cause a person to appear angry or upset. As well, Line Relaxing injections are considered a 'poison' even though it is used as a medical treatment for health conditions that aren't cosmetic.

As well, facial fillers injected into person's face are made from Hyaluronic Acid (HA) which is a naturally occurring sugar in the body. As people (especially women) age their supply of HA diminishes. This means the chemicals that once supported their skin lessen resulting in lines and wrinkles. A common brand name for facial fillers is Juvéderm which is produced in various forms. However, there are many more brands on the market. Your practitioner will be able to advise the best one for you and what you would like to achieve.



POSSIBLE SIDE-EFFECTS

Some of the side-effects may be rare but serious. Consult your practitioner (or doctor) if you observe any of the following side-effects, especially if they do not go away.

- Mild numbness or tingling in the injection area
- Minor swelling or bruising around the injection area
- Drowsiness / Tiredness
- Neck / muscle pain
- Headache (temporary)
- Nausea (temporary)
- No improvement after undergoing treatment
- Stiffness
- An allergic reaction to the Botulinum Toxin Cosmetic
- Drooping eyebrow or eyelid (usually temporary and can last 2 - 3 weeks)
- Flu-like symptoms
- May also cause side-effects not listed here

If you have any queries please consult your practitioner, Cecilia Sines - 07514 620188



DERMAL FILLERS AFTERCARE

- Make certain you have soft, flexible, cool compresses available for the first 24 hours after treatment.
- It is important that you not exert yourself with exercise or any activity that can increase your blood pressure in the first 24 - 48 hours after treatment. This can increase the potential for swelling and bruising. NO exercise for 4 hours
- Have a good, rub-proof, sweat-proof non-irritating concealer or camouflage make-up available to touch up any discolouration after treatment.
- Needle sticks may bleed a bit after treatment. You may apply an antibiotic ointment to the treated region.
- After your filler treatment it is vital that you drink plenty of water to hydrate and avoid anything that can dehydrate you such as alcohol, caffeine etc as the Dermal Filler needs water/moisture to absorb and achieve the best results. Dehydration will mean poor results! AVOID alcohol for 24 hrs
- It's normal to experience some tenderness for 7-14 days following treatment
- You may take antihistamine if swollen
- Apply some ice to the area if it becomes tender or swollen
- Avoid direct sunlight and wear high SPF sunscreen to prolong duration of fillers
- Avoid creams with Alpha Hydroxy Acid or Glycolic Acid around this area
- If you suffer from cold sores, there is a small risk that injections around the lips may cause a flare. Use a topical cold sore cream or any usual oral medication if signs appear
- Patients taking aspirin, clopidogrel, warfarin and other blood thinning medications should be aware that there will be an increased likelihood of bleeding or bruising at injection sites
- If itching or swelling occurs, a general over the counter antihistamine can be taken for a period of one week.
- Alcohol, smoking and sun will reduce the life of the filler

LINE RELAXING INJECTIONS/ BOTOX

PRE PROCEDURE ADVICE

When considering Line Relaxing injections (AKA Botox or Botulinum Toxin) there are some things you should know.

PRECAUTIONS

Before having Line Relaxing injections, inform your practitioner about your current list of medications, over the counter products (e.g. vitamins, herbal supplements, etc.), allergies, pre-existing diseases, and current health conditions (e.g. pregnancy, breast feeding, upcoming surgery, etc.). Some health conditions may make you more susceptible to the side-effects of the drug.

WHAT DOES A BOTOX COSMETIC TREATMENT DO?

Botox works well because a small amount of the toxin mixed with saline solution is injected into a person's face to stop facial muscles from contracting.

Moreover, Line relaxing injections isn't a dermal filler as it interrupts nerve impulses and facial muscle contractions. Facial muscles below wrinkles cause lines as women age and line relaxing injections works to soften and smooth out these deeper lines.

Since Line Relaxing injections reduce nerve impulses it briefly restricts facial muscles from contracting and shortening, they can't move and cause worse wrinkles. Line Relaxing injections is a fantastic way for a woman and men to achieve a more youthful-look with little fuss.

WHAT HAPPENS IN A CONSULTATION WITH YOUR PRACTITIONER?

Patients desiring this treatment should make an appointment with a trained professional practitioner, where they can point out certain lines on their faces they dislike, to their practitioner.

Then, their Practitioner will look at not only treating these 'specific lines' but will also look beyond a person's facial lines to develop a plan to treat a woman's face in its entirety.

HOW OFTEN ARE LINE RELAXING INJECTIONS NEEDED?

The majority of women (and men) will notice that their injections last three to four months and two to three injections a year are required on average.

The age of a woman (or man) receiving injections makes a difference as people who are older have reduced muscle tone and the results can fade quicker than they would for a younger person with stronger facial muscles.

Also, the structure of your face and your facial expressions, whether you smoke, how healthy you eat, and how well you care for your skin. It's also vital for people to use sunscreen on their faces, daily, as skin less damaged from the sun will improve the longevity of the results.

DO LINE RELAXING INJECTIONS HURT?

Such as having a booster shot or a flu shot, needles can hurt, and in a similar way, Line Relaxing injects may hurt people prone to feeling pain from immunizations. However, the needles used when Botulinum is injected are so tiny that a patient feels minimal discomfort. Most say they don't feel it and that it's actually quite relaxing.

It isn't recommend that you have injections in the same injection site more than every three months. As with any medicine injected into your body, a person's immune system can also create "antibodies" to Botulinum Toxin.



LINE RELAXING INJECTIONS/ BOTOX cont.

POSSIBLE SIDE-EFFECTS

Some of the side-effects may be rare but serious. Consult your practitioner (or doctor) if you observe any of the following side-effects, especially if they do not go away.

- Mild numbness or tingling in the injection area
- Minor swelling or bruising around the injection area
- Drowsiness / Tiredness
- Neck / muscle pain
- Headache (temporary)
- Nausea (temporary)
- No improvement after undergoing treatment
- Stiffness
- An allergic reaction to the Botulinum Toxin Cosmetic
- Drooping eyebrow or eyelid (usually temporary and can last 2 - 3 weeks)
- Flu-like symptoms
- May also cause side-effects not listed here

Many of these side effects can be avoided if proper injection techniques are used, and if the patient avoids rubbing the injection area for approximately 12 hours after treatment. The possibility of experiencing Botulinum Toxin injection side effects can be greatly reduced by choosing a qualified cosmetic practitioner.

There are minor side effects to receiving these injections that can include having an infection at the injection site, the injection site becoming tender and sore, and having swelling, redness, minor bleeding, and bruising.

Other usual reaction symptoms to Botulinum Toxin might include having dry mouth, being extra fatigued, having a headache, and having neck pain. However, some of these symptoms could be due to having an allergy to the Botulinum toxin.

If you're experiencing allergies to Botulinum Toxin you'll probably have other allergic reactions such as itching, wheezing, asthma, a rash, red welts, dizziness, and fainting. These are similar allergic reactions people can have to pollen, fungi, or furry pets.

WHAT ARE LESS COMMON SIDE EFFECTS?

One of the most rarely reported reactions is numbness due to the fact that your muscles have been 'temporarily paralyzed' by the treatment. Symptoms such as facial numbness, "droopy eyelids," muscle spasms, muscle twitching, and movement of the Botulin toxin to other facial muscles, are all possible, but less common side effects of the treatment. However, these affects will go away in a short time, as your Botulinum Toxin treatment fades.

Nevertheless, having muscle spasms shouldn't be an effect of this treatment as it's used as a medical treatment for 'muscle spasms' in those who suffer from medical conditions such as "essential blepharospasm, hemifacial spasm, cerebral palsy, fibromyalgia," and furthermore, "temporomandibular joint disorder."

AFTERCARE

- Avoid touching the treated area for 4 hours
- Remain upright for 4 hours – do not lie down or rest head forward for long periods of time i.e, no gardening etc
- Avoid alcohol for 4 hours after treatment
- Slight redness will subside and any minor bruising will disappear in a few days
- Avoid exercise for 4 hours
- Avoid saunas, hot tubs and sun beds for 24 hours
- Avoid skin peels and laser treatments for 2 weeks
- Wear high SPF sunscreen to minimise sun damage
- Avoid physical exercise for 7 days following treatment
- The full effects of botulinum injections will be seen 14 days following treatment. However, noticeable differences can be seen between 7 – 10 days
- Recommended follow-up treatment plan every 12-16 weeks
- DO NOT RUB THE FACE within 24 hours of having injections

If you have any queries please contact DermaLeven Aesthetics on 07514 620188