



Non-surgical
(Cosmetic Aesthetics)

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COSMETIC SURGERY

General information

Clients with early signs of facial ageing are often best treated with non-surgical treatments (cosmetic aesthetics). Similarly, clients who do not wish to undergo an operation may opt for less invasive non-surgical treatment. In general, the procedure time, recovery time and cost are less than surgical treatments but similarly the result that can be achieved tends to be more subtle. This will be appropriate for many clients, but not all, such as younger clients, clients who cannot devote much time to their recovery and clients who are at particular risk from an anaesthetic. Also, clients who have very specific concerns such as frown lines or nasolabial grooves may achieve their goals with non-surgical treatments.

Anti-wrinkle injections of Botulinum toxin are used to weaken muscles that create 'dynamic' wrinkles, thereby softening them. 'Dynamic' wrinkles are skin creases that appear or become exaggerated with movement of the face, such as smiling or frowning. They are usually not present or only quite fine when the face is 'at rest'. You should not have this treatment if you have reacted badly to Botulinum toxin in the past or have certain neuromuscular conditions. Please ask your doctor if you have any doubt.

Facial fillers, such as hyaluronic acid, are used to fill out 'static' wrinkles, thereby softening them. 'Static' wrinkles are skin creases that are present when the face is 'at rest' and also tend to persist with movement of the face. Fillers can also be used to soften over-deep facial grooves such as the nasolabial groove or the corners of the mouth. The hyaluronic acid attracts water and rehydrates the skin from inside. It is present in all tissues naturally but the amount tends to decrease with age, therefore injecting hyaluronic acid, as a facial filler, helps to restore youthful skin composition.

Another facial filler is poly-L-lactic acid. This can be used in a similar way to hyaluronic acid but is better for deeper grooves and general facial shaping. It stimulates the formation of collagen in

the skin, which helps to thicken it. This counteracts the changes that occur with age.

Preparation for your treatment

Smoking can cause problems with wound healing, increase your risk of infection and generally causes premature ageing of the skin. It is safest to avoid around the time of your treatment.

Please, only take medication prescribed by your doctor for the two weeks before and two weeks after your treatment. In particular, herbal, homeopathic and nutritional supplements (including vitamin E capsules) may contain substances that increase your risk of bleeding and cause sun sensitivity.

Aspirin, and other non-steroidal anti-inflammatory drugs (NSAIDs) increase your risk of bleeding. You should avoid all such medicines for two weeks before your treatment. If you are concerned, please check with your GP that it is safe to do so.

If you drink alcohol, it is best to drink only a small amount for the week before the treatment and for the first week of your recovery. You should avoid it altogether if you are taking antibiotics or strong pain medication.

If you feel unwell leading up to your treatment please inform our secretary, as it may be best to reschedule your treatment for when you are better.

Treatment

The treatment is generally performed as an outpatient minor procedure and you will be able to go home shortly afterwards. Please come for your treatment in loose-fitting clothing that can be easily and comfortably removed. Slip-on shoes are best as bending over may be uncomfortable. Avoid heavy make-up. Earrings and facial-piercings

should be removed at home. You may prefer to have someone accompany you to the hospital and home when you leave hospital, particularly if you are having a number of injections performed or a large area of your face treated.

The treatment can be performed under local anaesthesia (awake). This may be given by injection or cream.

Care after your treatment

You should allow the effects of any local anaesthetic to wear off before you eat or drink anything hot. You may experience some swelling, redness and bruising around the area that has been treated. This will gradually settle over one to two weeks. You may be asked to gently massage the area treated afterwards – please follow any instructions you have been given.

Anti-wrinkle injections of Botulinum toxin take about two weeks to have full effect. The effect will last 3-6 months.

Facial filler injections with hyaluronic acid have a rapid effect and this will be appreciated once any swelling has settled. The effect will last 6-9 months.

Facial filler injections with poly-L-lactic acid take 3-6 months to have full effect. The effect will last about 2 years.

A follow-up appointment will be arranged for you when you leave hospital.

Care after your treatment (Botulinum toxin)

After your injection actively contract and use your muscles. You should stay upright for 4 hours following injection. Work your face with lots of smiling and frowning!

Do not rub or massage the treated area. Do not have any facial treatments on the day of treatment. Do not shampoo or have a scalp

massage. Do not take vitamin E or aspirin for 4 hours post injection. Do not consume alcohol for 4 hours.

It would not be suitable to have any of the following in the week after injection; micro dermabrasion, electrolysis, laser treatment or any electrical beauty treatments.

Wait for up to 2 weeks for treatment to work fully. You will still be able to use your muscles to a small extent in the area. If after 2 weeks you have no apparent change, please contact us. It might be necessary to repeat the injections.

We would like to see you 2 weeks following treatment so that we can monitor the results.

We need to be notified immediately if you experience any eyelid or brow droop or notice an area of infection following injection.

Driving and activity

All heavy and strenuous activity should be avoided for the first couple of days after your treatment. Graduated activity and exercise can then be started with full, unrestricted activity after two weeks. You will be able to start driving again when you feel comfortable and are safe doing so. It may be best to avoid driving for a few days if you have had a large area treated. Some car insurance companies have guidelines for driving after treatment and it is always best to check with your own company whether there are any restrictions imposed on you.

Complications

Although complications are uncommon, problems may occur as a result of your treatment. These can result in prolonged recovery but may also have an adverse effect on your final result. These include scarring, skin discoloration, bleeding,

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infection, lumpiness, skin peeling, persistent numbness or pain and asymmetry. Occasionally clients are or become allergic to the injection. With anti-wrinkle injections of Botulinum toxin there is a small risk of temporary weakness of facial muscles other than those responsible for the wrinkles. This may cause some facial asymmetry, weakness of smile, droopiness of eyelid or brow, or slurring of speech and dribbling. Further treatment may be necessary to correct some of these, should they occur. A charge may have to be made for any additional treatment.

Additional comments

If you have any questions about the information contained in this leaflet or you do not understand something that is included in it, please contact our secretary for clarification.

If you are concerned about your recovery, have bleeding, feel unwell or have increasing pain then please contact Clare Park Hospital where your treatment was performed, our secretary (during office hours), your local A+E Department, or your GP.

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COSMETIC SURGERY

Clare Park Hospital
Crandall Lane, Farnham
Surrey GU10 5XX

Tel: 01252 895477

Fax: 01252 850985

Email: info@seechange cosmeticsurgery.com

www.seechange cosmeticsurgery.com

only available at

a Classic Hospital 

Clare Park