



DERMAL FILLER TREATMENT DOCUMENT

General Information: Dermal fillers are used to correct facial/body wrinkles and folds and volumizing areas of depression. Biological fillers and bio-stimulants such as poly-lactic Acid, calcium hydroxyapatite, copolyamides and Hyaluronic Acid (HA). Hyaluronic Acid, our most used filling material is a plant/animal or synthesized polysaccharide molecules that naturally occurs in the dermal tissue for natural volumizing. Branded products include Restylane, Juvéderm, Perlane, Lumera and Beletero. All of these products have been approved by the FDA for correction of facial wrinkles in the naso-labial area (the fold between the cheek and the nose/upper lip), the "marionette lines", mandibular grooves and fine lines around the lips, cellulite folds. However targeted volumizing of body areas by particulate gel-form HA ACID Macrolane are approved only by European and Asian Boards of Plastic Surgery. While this document contains generalised information on all fillers used personal research on the desired product of use is highly recommended.

Procedure: A professional medical team will be performing procedure. A topical numbing medicine may be placed in the areas in which the injections will occur in order to reduce discomfort. Lidocaine, xylocaine and related anesthetics may be used in the deep dermis for larger volume filler procedures. In order to achieve the desired effect, multiple injections may be made, depending on the site and depth of the wrinkle, fold or cavity. Following the injections, the skin may be massaged to contour the surrounding tissues. Dosage of anaphylactic drugs may be a recommended course after large-volume filler procedures to further reduce possibility of inflammatory responses.

Side Effects: Side effects are usually mild to moderate, lasting 7-14 days or less, and may include temporary redness, bruising, pain, firmness, swelling, tenderness and bumps, skin discoloration, proximal migration. Immunological rejection leading to mass product removal is rare but reported. Body injections of large volume can result in skin damage/breakage and infection where post-procedure care is not optimal. Damage to blood vessels within the injection locality is possible though rare. Injections into the lip may trigger larger volume swelling, filler nodules, recurrence of facial cold sores (Herpes Simplex) for patients with a history of prior cold sores. For procedures using Calcium Hydroxapatite and polyacrylamides benign lumping has been reported. Results of these two products (calcium

hydroxyapatite and Polyacrylic) for the most part are very slowly reversed or may be irreversible.

Contraindications: Fillers are not recommended for patients with severe allergies (gram positive proteins), a history of anaphylaxis or an allergy to latex or Xylocaine products. Additionally, women who are pregnant or breast-feeding should avoid large volume filler injections during the active period of such circumstances.

If you take medications such as aspirin or non-steroidal anti-inflammatory medications (Advil, Aleve, ibuprofen, Celebrex) or herbal supplements (Vitamin E, Ginkgo Biloba, Fish Oil, St. John's Wart), you may be at increased risk of bruising or bleeding at the injection site. Alternatives: Dermal Fillers are strictly a voluntary cosmetic procedure. No treatment is necessary or required. Alternatives may include Botox, laser skin resurfacing, chemical peels or plastic surgery.

To Achieve Best Results: - Avoid Aspirin, NSAIDS, fish oil, &/or herbal supplements 7-10 days prior to your procedure if medically able - If you have a history of cold sores, take anti-viral medications (Valtrex) 1-2 days prior and 2 days following injection. Client/patient should make treatment preparations with recommended supplements and lifestyle adjustments. Dermal fillers work best with hydrated and healthy skin. Volumes of at least 2-2.5 litres of water per day enhances skin health and is required to support supplements and maintain results. Skin that is not properly hydrated is not recommended for dermal filler treatment.

Patient Consent: consent and authorization for this procedure is strictly voluntary. Signatures on the consent document authorizes Esmod Esthetics Clinical Services and appointed medical/clinical professionals to use the HA (hyaluronic Acid) or other selected dermal filler in liquid- gel consistency for the treatment area of your choice. As with any cosmetic procedure, guarantee of complete satisfaction cannot be given as results may vary due to personal biological factors. There is no guarantee that the wrinkles or folds, sunken or disfigured areas will disappear completely.

In some patients, in order to achieve "full correction", multiple treatments maybe required. The results of dermal fillers generally last 6 to 12 months with deep dermal fillers lasting as much as 12-24 months on average. To continue to receive the same result additional injections may be required even within this period based on biological factors such as metabolic rates which vary among individuals. Hyaluronic Acid fillers in particular can result premature biological dissolution in cases of allergic reactions or lack of appropriate after care.

POST-PROCEDURE CARE SUMMARY

1. Clients must complete full courses of medications listed for aftercare and ensure all areas remain clean and frequently sanitized during the healing process.
2. clients are advised to use hyaluronic acid and or collagen 1+3 supplements from day 4 following procedures. GNC Brand recommended.
3. Consume of 1.5- 2 litres of water daily to maintain hydration within tissues and reduce risk of low osmotic pressure impact.
4. Reduce exposure to heat baths, saunas and other forms of vigorous heat during the first 3-5 days of healing.

5. Avoid chemicals and medications known to increase inflammation and irritation over the first 7-14 days following treatment such as NSAID, fatty acid supplements, vitamin E, arbitrary herb/recreational drugs, steroids.
*see filler treatment document

Note:

High- risk clients, namely those with respiratory/ blood/ischemic illness, those on hormonal or steroid medications, those who smoke or use arbitrary herbs/medications are required to use the supplements and observe these guidelines as much as is possible throughout daily life to increase both health of the skin and reduce risks of filler dissolution.

RELEASE FORM

I have read this document and certify that I understand it's contents in full. My signature indicates that I am consenting to receive treatment and have had the opportunity to ask questions about the procedure and it's risk. I have been advised of the risks involved in such treatment and alternative treatments, including no treatment at all. I understand that I release Europa Dermatologie and all other affiliated clinical agents/agencies providing the treatment, of any liability regarding the said treatment.

Client/Patient Name
Client/Patient Selected Procedure
Procedure Material Selected

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Client Signature

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Witness Signature

*place stamp here