



DERMAL FILLERS

(HYALURONIC ACID)

Pre-treatment instructions

PRE-TREATMENT INSTRUCTIONS

2 weeks before your appointment:

- Make sure you schedule your appointment at least 2 weeks prior to any special occasions such as a holiday or a wedding.
- Avoid anti-inflammatory/blood thinning medications, for a period of one week prior treatment.
- Avoid medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling.
 - **Disclaimer: If you are under the care of a doctor, please consult with them before stopping any medication.**

48 hours before your appointment:

- 2 days before your procedure you should stop taking Retin-A.
- Do not take Retin-A- for the 2 days following your injections.
- If you have a cold sore or an acne breakout on the target area, reschedule your appointment. If you are prone to cold sores, let your clinic know. You may be given anti-viral medication during your visit.

24 hours before your appointment:

- Do NOT consume alcohol at least 24 hours prior to treatment (alcohol thins the blood and increases the risk of bruising & bleeding).

The day of your appointment:

- Avoid alcohol and caffeine/ energy drinks to minimize bruising and swelling.
- Eat well and stay hydrated before your appointment as this will decrease the chances of light headedness
- Please arrive without make up and be fully cleansed- so no powders, sunscreen, lotions or oils.
- Avoid blood thinning agents- as this can create additional bruising. (So no Aspirin ect.)
- Avoid exercise prior your appointment- as this will increase bruising due to blood flow.
- Avoid the use of vitamin E and products that contain ginko extracts.

AESTHETICS CLINIC KENT LTD

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DERMAL FILLERS

(HYALURONIC ACID)

After Care

If you have undergone a dermal filler treatment, a hyaluronic acid gel was injected into your skin or lips to improve shape, proportion, lines, shadows or wrinkles.

What's Normal

- Due to the anesthetic in the gel, you may feel numbness or tingling immediately after the procedure, and have some moderate swelling, redness, bruising and tenderness over areas treated. Some people experience a dull ache, and tenderness over the treated areas which subsides between 48-72 hours. Swelling can last for up to 2 weeks. Bruising is usually visible initially, then more obvious the next day, before fading over 7 to 14 days. A small minority of bruises can last for 4-6 weeks.

How to Protect Your Result & Reduce Side Effects

- For 48 hours you should avoid exposure to UV light and heat i.e. sauna, steam, sun beds, hot showers, strenuous exercise etc, as this may increase discomfort and swelling.
- Keep the area cool with a cold compress, but don't apply ice which can cause injury.
- Try to avoid unnecessary pressure over any areas treated, especially in the first 24 Hours. -Avoid facial massages or skin resurfacing until the area has healed fully.

Reduce the Chance of Infection

- Reduce the risk of infection and reaction by not touching the area for 6 hours.
- Do not apply make-up over injection points until the day after the procedure.

When to Contact Us...

Serious complications are rare, but it's vital you seek urgent review if anything like this occurs:

- Swelling, puffiness or lumpiness which does not fade in the first week with a gentle massage.
 - The filler changes texture and becomes hard, modular or lumpy, especially if there is redness or tenderness after 48 hours.
- All these symptoms may indicate a need for medical assistance from your clinician or family doctor if you are unable to see us, but please contact us so we can advise.

IMPORTANT: Contact us immediately if you have symptoms of a blocked blood vessel.

If you develop increasing pain near or above the site of injection which is getting worse over time, especially if associated with a pale area of skin, or mottling- indicating a lack of blood flow, you should contact us straight away. Make contact with us soon as possible so we can advise

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DERMAL FILLERS

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AFTERCARE INCLUDING LIPS

After Care

If you have undergone a dermal filler treatment, a hyaluronic acid gel was injected into your skin or lips to improve shape, proportion, lines, shadows or wrinkles.

- Apply a cold compress for any swelling.
 - Avoid alcohol and blood thinning medication for 24 hours.
 - Drink plenty of water.
 - No strenuous exercise.
 - Avoid spicy foods and hot drinks.
 - Sleep on your back.
 - Avoid smoking for 24-48 hours.
 - Do not fly for at least a week.
 - Avoid extreme temperatures (cold and hot) for 2 weeks. (sauna, steam-room, sunbed)
 - Avoid sun exposure and heat as much as possible for two weeks. Wear sunscreen SPF +50 daily for 2 weeks post treatment. Exposure to sun and UV rays can increase the chance of hyper pigmentation. If you must be in the sun, apply SPF 50 or greater, reapply often, wear a wide brimmed hat, and seek shade if possible.
 - Do not touch the area for 6 hours.
 - Avoid cosmetics for 6 hours- unless it is mineral based.
 - Arnica tablets and gels can be used to help reduce bruising or the application of vitamin K oxide cream.
 - Be careful when eating, so as not to bite your lips.
 - Avoid any facial massage or skin resurfacing until the area has fully healed.
 - If you experience any lumpiness in the area, it can be gently massaged to help smooth this out.
- [Additional Care for Lips](#)
- Avoid wearing lipstick for 24 hours
 - If you experience any lumpiness in the area, it can be gently massaged, to help smooth this out.

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PRIVACY POLICY

These terms are automatically in place

Thank you for engaging Aesthetics Clinic Ltd. We use all of our expertise and experience to provide all of our clients with the best possible experience, however we need to explain our terms and conditions so that there can be no misunderstanding as to the services we provide and the services you can expect to receive.

In these terms and conditions, “we” “us” and “our” refers to Aesthetics Clinic Ltd . Access to and use of all content on this website is provided subject to the following terms and conditions. The information is only intended for residents of the United Kingdom . Overseas clients should contact us directly so we can discuss individual terms if appropriate.

We reserve the right to amend this notice at any time and your use of the website following any amendments will represent your agreement to be bound by these terms and conditions as amended. We therefore recommend that each time you access our website you read these terms and conditions.

Confidentiality and Security

We take client confidentiality and security very seriously. We will never share your information with any third parties and we don't work with third-party providers. We are professionally committed to preserve your anonymity as a client and ensure that confidentiality is respected throughout the therapy process. Your Therapists also hold professional insurance cover.

All of your information is held securely and can only be accessed by the appropriate practitioners.

Privacy Notice and Data Protection

Aesthetics Clinic Ltd is registered with the Office of the Information Commissioner for the purposes of data protection. Our use of your personal data is strictly managed in accordance with the General Data Protection Regulations (GDPR). This means that we will only collect and retain personal information directly relevant to your therapy or to allow us to carry out your instructions, and contact you (generally by phone or email) for appointment confirmations or follow-up. We will not share your data with any third-party organisations or businesses for the purposes of research, marketing or sales. By sending us information or discussing your requirements with us, you agree to the above.

We agree to treat any papers, documents & information as wholly private & confidential in line with General Data Protection Regulations. If your details are incorrect, please contact us, to request that we update your information.

Cancellation & Missed Appointments

We operate a non- refundable policy. Kindly note that we have a Non- refundable policy for bookings paid to the clinic. For this reason, before making a booking, we kindly ask you to make sure that you are able to come at your chosen date & time. If you need to re-arrange due to illness, you may do so up to 24 hours in advance via the booking app or you can email :

aestheticsclinenquiries@gmail.com and we will rebook for you to a later date

Treatment Results

Please note results may vary from person to person. There are never guarantees of success when undergoing any form of therapy and for this reason we do not offer any guarantees for any of our treatments. Please make sure you are happy with your Aesthetician qualifications & experience before commencement of services. Neither your practitioner or Aesthetics Clinic will be liable for any loss or damage that may arise from the use of services provided.

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We give no warranty that the information is free from error or omission and you should use your own care and skill when accessing and using our services. We take all due care in ensuring that our website is free of any virus, worm, Trojan horse and/or malware, however we are not responsible for any damage to your computer system which arises in connection with your use of our website or any linked website. Nothing in these terms of use excludes or limits our liability for death or personal injury arising from our negligence, or our fraud or fraudulent misrepresentation, or any other liability that cannot be excluded or limited by English law. To the extent permitted by law, we exclude all conditions, warranties, representations or other terms which may apply to our Site or any content on it, whether express or implied.

Aesthetics Clinic will not be liable to any user for any loss or damage, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, even if foreseeable, arising under or in connection with:

1.1 use of, or inability to use, our Site; or

1.2 use of or reliance on any content displayed on our Site.

1.3 If you are a business user, please note that in particular, we will not be liable for:

loss of profits, sales, business, or revenue; business interruption; loss of anticipated savings; loss of business opportunity, goodwill or reputation; or any indirect or consequential loss or damage.

You agree not to use our Site for any commercial or business purposes, and we have no liability to you for any loss of profit, loss of business, business interruption, or loss of business opportunity.

Aesthetics Clinic assumes no responsibility for the content of websites linked on the Site. Such links should not be interpreted as endorsement by us of those linked websites. Aesthetics Clinic will not be liable for any loss or damage that may arise from your use of them.

Different limitations and exclusions of liability will apply to liability arising as a result of the supply of any services to you, which will be set out in our terms and conditions of supply, that may be obtained by emailing Aesthetics Clinic on its email address. Use of the website is always at your own risk.

Confidentiality Policy Clause

Confidentiality will be broken if necessary for reasons of public interest in the area of public health. Public interest is the general welfare and rights of the public that should be recognized, protected and advanced. Disclosures in the public interest, based on the common law, are made where this is essential to prevent a serious and imminent threat to public health, national security, the life of the individual or a third party, or to prevent or detect serious crime.

Confidentiality Policy Clause in light of the Coronavirus situation :Public Interest Additional This may become relevant if I contract the virus as I will be obliged to inform the NHS of people I have been in contact with. In this case, I may need to share your name and contact details but not the context in which I know you. However, you may be contacted by the NHS.

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