COSMETIC INJECTABLES

Dermal Fillers

Dermal fillers are volumising injections that are used for enhancement & definition of facial contours, restoration of lost volume, reducing facial lines and softening of wrinkles. Our aim and emphasis at Couture Cosmetica is to tailor dermal filler injections to each individual so rejuvenation, enhancement and restoration can be achieved whilst natural-looking results are produced.

Hyaluronic acid (HA) is the active ingredient in the dermal fillers preferred by Couture Cosmetica. It resembles the body's own HA and its functions include hydrating the skin (by attracting and holding water in the areas treated), stimulating & increasing production of collagen, elastin & HA and combining with these factors to improve skin structure and elasticity. This in turn creates a more radiant and youthful appearance.

For added comfort and pain relief, the dermal filler products contain the anaesthetic lignocaine. Due to strict advertising laws, we are unable to market the names of the dermal filler products; however, you can contact us for more information.

Where can I have dermal fillers? How long do they last?

Potential treatment areas:
- Mid-face rejuvenation – cheeks, buccal hollows (hollow cheeks), non-surgical rhinoplasty, naso-labial folds (nose to mouth lines), marionette lines (mouth to chin lines), chin
- Lips – volumisation, definition

The dermal fillers in the range preferred by Couture Cosmetica are each specifically designed to meet different treatment desires and wishes, therefore each have their own documented period of effectiveness, dependent on skin type and treatment area. Book in for a consultation today to see which dermal fillers would best suit you.

Anti-Wrinkle Injections

Anti-wrinkle injections reduce and prevent the appearance of wrinkles caused by the dynamic movement of facial muscles. The injections relax and weaken the facial muscles that are injected to reduce the appearance of fine lines & wrinkles. This in turn creates a rejuvenated and refreshed appearance.

There are several anti-wrinkle treatments available on the market; however, due to strict advertising laws, we are unable to market product names. Please contact Couture Cosmetica for more information.

Where can I have anti-wrinkle injections? How long do they last?

Potential treatment areas:
- The upper face – frown lines, forehead lines, around the eyes (crows feet), brow lift
- The mid-face – lip lines, increasing lip fullness, gummy smile, nasal flare, nasal elevation, nasal/bunny lines
- The lower face – masseter muscles (teeth grinding/ jaw slimming), marionette lines, dimpled chin, jawline/jowls, platysmal bands, Nefertiti lift (combination jawline/jowls and platysmal bands)
- The body – hyperhydrosis (excessive sweating)

The anti-wrinkle product preferred at Couture Cosmetica takes 1-2 days post-treatment to start working and 2 weeks for full effects to be seen. The effects last 5-6 months on average; however, individual results may vary.
**Post-Treatment Instructions**
Immediately after treatment, there may be a slight reddening, swelling, bruising, tenderness or an itching sensation in the treated area, which is a normal result of the injection and generally disappears in a few days.

Dermal Fillers – there is a small risk that a dermal filler treatment may induce a cold sore outbreak in clients with a previous history; prophylactic anti-viral tablets are recommended either before or immediately after treatment (can be sourced from any over-the-counter pharmacy)

Anti-Wrinkle Injections – do not massage/put pressure on the injection area for at least 4 hours after treatment; a possible side effect is a mild headache.

**The 3 C’s of Post-Treatment**
- COOL – avoid strenuous exercise or intense heat (e.g. sauna/solarium) for 24 hours; apply a cool compress for 5 minutes on, 5 minutes off as needed (do not apply ice directly to skin)
- CALM – avoid pressure on treated areas for 48 hours (e.g. sleep on back if possible); apply topical soothing/healing/brui... (e.g. paracetamol) as needed (NB: ibuprofen or aspirin not recommended for simple analgesia purposes as the risk of bruising is increased)
- CLEAR – do not massage the treated area; avoid alcohol or use of AHAs/Vitamin C/Retinol/oil-based makeup for 24 hours; avoid facials/facial waxing/chemical peels/IPL/energy-based treatments/microdermabrasion for 2 weeks after treatment

**General FAQs**

**Why do I need a consultation?**
As cosmetic injectables are a prescription-only medication, first-time clients require an initial consultation with the treating clinician and our Skype doctor to discuss past cosmetic history, as well as past & present medical history to determine suitability for cosmetic injectables. This generally takes about 15 minutes to complete.

Returning clients need consultation with our Skype doctor every 12 months or if any significant medical issues occur between visits.

**Are there any reasons why I wouldn’t be able to have cosmetic injectables?**
As with most cosmetic procedures, cosmetic injectables are not advised or recommended for women who are pregnant, breastfeeding or trying to conceive. Individuals with a known sensitivity to the active ingredients, with certain medical conditions or those with active infections/general poor health are also not suitable candidates.

**Why do I need to come back at the 2-week mark for a review?**
The 2-week review is strongly recommended so the full effect of your treatment can be assessed and any issues that have arisen can be addressed.
Photos are also taken at this point and compared to the initial photos taken at your first visit. If the 2-week review isn't attended, Couture Cosmetica cannot ensure complete patient satisfaction.

**Warning:** individual results may vary and guarantees cannot be given. All invasive procedures carry risks which need to be discussed with your doctor. It is always recommended to seek a second opinion from a qualified health professional. To learn more about dermal fillers and how they could benefit you today, contact Couture Cosmetica or visit our social media pages (Facebook or Instagram).