



Dermal Filler Injectable Informed Consent

The purpose of this informed consent is to provide written information regarding the risks, benefits and alternatives of the procedure named above. This material serves as a supplement to the discussion you have with your doctor. It is important that you fully understand this information, so please read this document thoroughly. If you have any questions regarding the procedure, ask your doctor prior to signing the consent form.

Procedure

Stabilized hyaluronic acids are used to smooth moderate to severe facial wrinkles and folds or shape facial contours. Dermal fillers have been approved by the U.S. Food and Drug Administration (FDA) for the cosmetic treatment of moderate to severe facial wrinkles and soft tissue depressions. While hyaluronic acid is a naturally occurring substance that is found in human soft tissues, the FDA-approved filler products we will use are hyaluronic acids that have been synthetically produced by a process of bacterial fermentation, and then chemically stabilized and purified. The hyaluronic acid found in these products is biocompatible and not an animal product, so there is little risk of animal-based disease transmission or allergic reactions. The filler treatments are customized for each patient depending on their need and can be performed in multiple areas of the face.

I understand and acknowledge that the dermal fillers used in this treatment cannot stop the process of aging. They can, however, temporarily diminish the appearance of wrinkles and soft tissue depressions. These injections may be performed alone or in combination with other treatments, such as neuromodulators. Dermal filler injections may require the use of regional nerve blocks or a topical anesthetic application to diminish discomfort. Soft tissue fillers produce temporary swelling, redness and needle marks, which resolve after a few days. The duration of the effect of dermal fillers injections is variable and temporary. Continuing treatments are necessary to maintain the effect over time. After the dermal fillers are injected, they will be slowly absorbed by the body. Despite such injections, alterations in the face may still occur as the result of aging, weight loss or gain, sun exposure, or other circumstances, and may necessitate future surgery or other treatments. Injections of dermal fillers do not arrest the aging process or produce permanent tightening of the skin or improvement in wrinkles.

Contraindications

Do not use if you have a history of multiple severe allergies or severe allergic reactions (anaphylaxis), or if you are allergic to lidocaine or Gram-positive bacterial proteins used to make hyaluronic acid, prone to bleeding or have a bleeding disorder. The safety of use has not been studied while pregnant or breastfeeding. Do not use if you have a history of hypertrophic scarring or keloid formation; have evidence of scars at the intended treatment sites; have acne and/or other inflammatory diseases of the skin, such as rosacea, seborrheic dermatitis, and psoriasis. The JUVÉDERM® Collection and the Restylane® family of products are approved for use in adults over the age of 21. RHA® Collection is approved for treatment over the age of 22.

I do not have a history of any of the contraindicated medical issues listed above. I am not aware that I am pregnant. I am not breastfeeding. Initial

Possible Risks and Precautions

It is not recommended to use dermal fillers in conjunction with a laser, intense pulsed light, chemical peeling or dermabrasion treatments, or OTC wrinkle products or prescription wrinkle treatments within 4 weeks prior to treatment, as there is a possible risk of inflammation or infection at the treatment site. **Initial**

Dermal fillers may not be administered if you have had any vaccines, immunizations, antibiotics, steroids, procedures (including dental procedures and cleaning) or illnesses in the past 2 weeks.

Inform your provider if you have a history of Herpes Simplex (cold sores) one week prior to your treatment.

I have not had any of the above treatments within the past 2 weeks. **Initial**

Possible Risks and Complications

I understand that most patients do not experience complications from dermal filler injections, and I have discussed the risks associated with this procedure with my provider. I understand and acknowledge that risks may include, but not be limited to the following:

- **Bleeding and bruising:** It is possible, though unusual, to have a bleeding episode from an injection. Should you develop post-injection bleeding, emergency treatment or surgery may be necessary. Bruising in soft tissue may also occur. Aspirin, anti-inflammatory medications, platelet inhibitors, anticoagulants, Vitamin E, ginkgo biloba, and other herbs and homeopathic remedies may increase the risk of bleeding and bruising. Do not take any of these products for seven days before or after injections of dermal fillers unless you have been advised to do so by your cardiologist or primary care physician.
- **Swelling:** Swelling (edema) is a normal occurrence following the injection of dermal fillers. It usually decreases after a few days, but if it is slow to resolve, medical treatment may be necessary.
- **Erythema (skin redness):** Erythema occurs in the skin after injections. It can be present for a few days after the procedure.
- **Needle marks:** Visible needle marks from injections occur normally and resolve in a few days.
- **Acneiform skin eruptions:** Acne-like skin eruptions can occur following the injection of dermal fillers. These generally resolve within a few days.
- **Skin lumpiness:** Lumpiness can occur following the injection of dermal fillers. This tends to smooth out over time. In some situations, however, it may be possible to feel the injected tissue filler material for long periods of time.
- **Visible tissue filler:** It may be possible to see dermal fillers through the skin if it is injected into an area where the skin is thin.
- **Asymmetry:** The human face is normally asymmetrical in its appearance and structure. It may not be possible to achieve or maintain exact symmetry with tissue filler injections. There can be variations from one side to the other, even after injections of dermal fillers, that may require additional injections.
- **Pain:** Discomfort associated with injections of dermal fillers is normal and usually of short duration.
- **Skin sensitivity:** Skin rash, itching, tenderness and swelling may occur following injections of filler products. After treatment, you should avoid exposing the treated area to excessive sun, ultraviolet lamps, and extremely hot or cold temperatures until any initial swelling or redness has gone away. If you undergo laser treatment, chemical peels or any other skin procedure after treatment with dermal fillers, there is a risk of an inflammatory reaction at the implant site.

- **Accidental intra-arterial injection:** Dermal fillers can accidentally be injected into arteries and block blood flow. This could cause necrosis in facial skin and other structures, loss of vision or other consequences. This is a very serious, but rare, occurrence. I understand that dermal fillers made from hyaluronic acid may be dissolved by hyaluronidase if my condition warrants.
- **Damage to deeper structures:** Deeper structures, such as nerves and blood vessels, may be damaged during injections of dermal fillers. Injury to deeper structures may be temporary or permanent.
- **Infection:** Bacterial, fungal and viral infections can occur following injection with dermal fillers. The reactivation of the herpes simplex virus, commonly referred to as a cold sore, is one such infection. This can occur both in individuals who have had prior cold sores and in those who have not. Please ask your provider for a Valtrex prescription if you plan to have an injection in an area where you have had a prior cold sore. Should any other type of skin infection occur, additional treatment, including antibiotics, may be necessary.
- **Allergic reactions and hypersensitivity:** As is the case with the use of all biologic products, allergic and anaphylactic reactions may occur as a result of an injection with dermal fillers. You should not have injections with dermal fillers if you have a history of multiple severe allergies, a history of anaphylaxis or allergies to gram-positive bacterial proteins. Allergic reactions may require additional treatment.
- **Scarring:** It is possible that injections with dermal fillers could promote excessive scar formation, so you should not receive these injections if you have a history of keloid formation or other forms of excessive healing at scar sites.
- **Granulomas:** Granulomas are masses that the body forms that are akin to scar tissue. Rarely, these may occur in the skin and deeper tissues after an injection with dermal fillers. Should a granuloma develop, additional treatments, including surgery, may be necessary.
- **Skin disorders:** In rare instances, granuloma, abscess, localized necrosis and urticaria have occurred after injections of dermal fillers into areas with active inflammation or infection (e.g. cysts, pimples, rashes or hives).
- **Antibodies to dermal fillers:** If antibodies to dermal fillers form in your body, they could reduce the effectiveness of this material or produce a reaction in subsequent injections. The health significance of antibodies to hyaluronic acid tissue fillers is unknown.
- **Anesthetic reactions:** It is possible to have a reaction to the anesthetic applied before injection or the lidocaine anesthetic mixed with dermal fillers. Such reactions include light-headedness, rapid heart rate (tachycardia) and fainting. Medical treatment of these conditions may be necessary.

Hyaluronidase Injections

I understand that dermal fillers made from hyaluronic acid may be dissolved by hyaluronidase if my condition warrants. Use of hyaluronidase carries some risk. I understand that hyaluronidase is an enzyme that breaks down hyaluronic acid fillers, but it can also break down naturally occurring hyaluronic acid present in the body, so the results may be unpredictable. There may be loss of volume and some skin laxity. Some of these effects may be immediate, but it can take up to 14 days for the final results to be seen, and the treatment may need to be repeated. Allergic reactions may occur, although this is very rare (0.05% – 0.69% of cases), and they may require immediate medical attention. Before using hyaluronidase, a skin patch test must be performed at least 20 minutes prior to the procedure being undertaken; if the test is positive, the treatment cannot be carried out.

Possible Filler Treatment Consequences

I understand that, along with certain risks associated with filler treatment, there are additional unknown risks and potential consequences of filler treatment, which may include, but are not limited to, the following:

- **Combination of procedures:** The long-term effect of combining injections of dermal fillers with other treatments—for example, non-hyaluronic acid fillers, neuromodulators, lasers, microdermabrasion, chemical peels and others—is unknown.
- **Unknown risks:** The long-term consequences of injecting dermal fillers are unknown. It is possible that complications may arise from the use of dermal fillers that cannot be predicted.
- **Pregnancy and nursing mothers:** It is not known if dermal fillers are safe during pregnancy or if their breakdown products are excreted in human milk. Because the risk is unknown, pregnant women and nursing mothers should not receive injections of dermal fillers injections.
- **Drug interactions:** It is not known if dermal fillers react with other drugs within the body.

I understand and acknowledge that injection of dermal fillers may not achieve my desired outcome. The amount of correction may be inadequate or excessive. If under-correction occurs, you may be advised to consider additional injections of filler. Dermal fillers may migrate from their original injection site and produce visible fullness in adjacent tissue or other unintended effects. I understand that it is possible that my tissue's response may be poor or inadequate, and that additional injections of dermal fillers or surgery may be necessary to achieve my desired result. I acknowledge that while good results are expected, I may be disappointed with the results of the procedure. I understand there is no guarantee of results of any treatment.

General Pre-Care

- Avoid dental procedures (including cleaning) 2 weeks prior to filler and 2 weeks after dermal filler.
- Dermal fillers may not be administered if you have had any vaccines, immunizations, antibiotics, steroids, procedures or illnesses in the past 2 weeks and for additional 2 weeks after fillers
- Do not use dermal fillers if you are pregnant or breast feeding, are allergic to any of the ingredients
- Inform your provider if you have a history of Herpes Simplex (cold sores) one week prior to your appointment
- For optimal results and to minimize the chance of bleeding or bruising at the injection site:
Avoid taking aspirin or other non-steroidal anti-inflammatory over-the counter medications and supplements such as Ibuprofen, Advil, Motrin, Nuprin, Aleve, Celebrex, garlic, Vitamin E, ginkgo biloba, St. John's Wort, and omega-3 capsules at least 7-10 days prior unless otherwise directed by your primary care physician. **Please Note: If you have a cardiovascular history, please check with your doctor before stopping Aspirin**
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should consult with your prescribing physician to see if you are able to stop these medicines 7-10 days before your appointment and at least 2 days after your procedure
- Avoid topical products such as Tretinoin (Retin-A) retinols, retinoids, glycolic acid, alpha hydroxy acid or any "anti-aging" products for 2 days before and after treatment
- Avoid alcoholic beverages 24 hours before and after your treatment to avoid extra bruising
- You may take acetaminophen (Tylenol) if not contraindicated one hour prior to your appointment to help alleviate any discomfort
- Arrive to your appointment with a clean face. **Please do not wear makeup**
- Eat a small meal or snack before your appointment

- **Considerations: You may want to plan dermal filler treatments at least 2-4 weeks prior to attending any special events.**

General Post-Care

- Cold compress or ice pack may be used after treatment to reduce swelling and soreness.
- You may take Tylenol (acetaminophen), if not contraindicated, for discomfort.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Motrin, Aleve, Celebrex, Fish oil, Ginko Biloba, St. John's Wort and Vitamin E for at least 24 hours after as they can cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas unless instructed by the provider.
- The treated areas may be washed with a gentle unscented cleanser.
- Makeup may be applied a few hours after the treatment if no complications are present (open wounds, bleeding, or infection)
- Avoid strenuous exercise for 48 hours to prevent moving the filler or increasing blood flow to the face.
- Avoid extensive sun or heat exposure (no sauna, hot tub, or UV lamps) for at least 24 hours since it may cause a temporary increase in redness, bruising or swelling. If there is a persistent swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sunblock with SPF 30 or greater combined with zinc oxide and/or titanium oxide.
- Avoid consuming excess amounts of alcoholic beverages or salts to avoid excessive swelling.
- Avoid dental procedures (including cleaning) 2 weeks post filler.
- Try to sleep face up and slightly elevated if you experience swelling.
- You may take Arnica (found in health food) to help with bruising and swelling.
- Sanitize your phone before putting it to your face and use speaker phone as much as possible the day of treatments.
- Schedule a follow up appointment in 2 weeks for evaluation.

Lip Filler Specific Post-Care

Congratulations on your new plump and full lips! Following an aftercare regimen is essential to ensure you heal as smoothly as possible, so you can show off your beautiful lips with confidence.

Can you put anything on your lips after lip fillers?

We will apply Arnica gel to your lips after treatment to help reduce bruising. You may continue to apply at home for another 2 days.

You may apply an ice pack for up to 10 minutes each session for first 48 hours to reduce swelling. However, avoid wearing any lip products (lipstick or balm) for 24 hours. You want to avoid putting increased tension or pressure on your lips to prevent the formation of lumps or bumps which can lead to lip asymmetry and other unwanted results. You may use a clean lip balm after 24 hours.

Can you eat after a lip filler injection?

Allow the numbing cream to wear off before eating to prevent any accidental biting. In general, the numbing effects on your lips can last anywhere between two and five hours. You may experience drooling and slurred speech during this time.

Avoid eating messy food or food that is hard to chew. Avoid spicy or salty foods that may irritate your lips. Sodium increases swelling and since you are avoiding exercise and sweating, your body won't be naturally

riding itself of the excess salt. Eat healthy foods such as fruit and vegetables. These nutrient-rich foods help keep you hydrated while speeding up your healing process.

Can you drink after lip filler injections?

Drink lots of water to aid your body's healing process and to help the filler integrate into your lip's tissues better for a more optimal outcome. Increasing your water intake maintains skin hydration and aids the plumping effect of the hyaluronic acid filler.

Don't drink alcohol after a lip filler procedure for at least 24-48 hours. Alcohol may act as blood thinner to make the swelling, bruising, and inflammation worse. It can also dehydrate you. Hydration Promotes Healing!

Don't Use Straws Avoid drinking through straws for at least 24-48 hours after your lip filler treatment. The pressure and motion required puts extra tension on the injection sites and may cause the lip filler to distort. In addition, using straws may cause discomfort, since there will be swelling after the lip injections.

Should you avoid smoking after lip filler injections?

Avoid smoking and vaping for at least 24-48 hours. Smoking can impact the result of the lip filler injection by prolonging the time to heal and increases the risk of side effects such as redness, infection, and lip filler migration. Pain may result from puckering lips at the injection site.

Can you shower after getting lip fillers?

Avoid hot environments. Heat can cause blood vessel dilation, which may worsen swelling. Avoid hot showers, saunas and baths, or steam for 48 hours. Keep your face clean to reduce the risk of infections. Use gentle and unscented skincare products. Avoid directly touching your lips when washing your face.

Can you kiss after lip injections?

Avoid applying pressure to your lips. Kissing, massaging, or touching your lips can increase the risk of infection and interfere with how the fillers settle into your lips. You need to allow the puncture holes to heal so bacteria can't travel through them. The pressure from kissing or massaging can potentially cause the filler to migrate, leading to unevenness or the filler traveling past the upper lip. Your lips may be tender and swollen so minimize pressure whenever possible. People often apply too much pressure on the lips while kissing which can be painful and irritating. The mouth contains a lot of bacteria, and kissing may introduce it to your lips and increase the development of an infection. Give your lips time to heal then you may kiss away.

Exercising After Lip Injections:

Avoid strenuous exercise after lip fillers. Physical activity increases body temperature and blood flow to your lips, worsening swelling and bruising. The sweat from exercise can also send a lot of bacteria to the injection site and increase the risk of infection. Sweating can irritate your lips and slow healing. Don't expose yourself to direct sunlight or activities with high temperatures such as exercise for at least 48 hours after your lip filler treatment.

Pain Relief:

You may take Tylenol (Acetaminophen) to manage pain and swelling. Apply ice packs to your lips during the first 48 hours to ease swelling, bruising, and itching. Avoid using any non-steroidal anti-inflammatory drugs, such as Ibuprofen, Advil or Motrin, because they act as blood thinners and make bruising and swelling worse.

You may use a clean lip balm to help with swelling but avoid Vitamin E supplements for a few days because it worsens bruises.

How long will be my lips be swollen after filler?

Swelling should go down after 2-3 days following your lip filler treatment. You can expect swelling to completely subside within 2 weeks.

Don't take a Flight Yet:

Avoid flying for at least a week after your treatment. Air pressure in a plane can intensify swelling and bruising to your lips. The air inside the plane may also dehydrate the skin, affecting your lip results.

Are lip fillers permanent?

No, your body gradually absorbs the filler ingredient. Your lips will return to their original appearance around 12-18 months, depending on your metabolism. Some may last up to 24 months. To maintain your desired lip volume, you may need routine touch-up treatments.

You will see immediate results with lip fillers but once the swelling goes down, the results will not look quite as pronounced. It typically takes about 4 weeks for the filler to settle in and achieve the final, desired look. The results will typically last about 6 months.

Side Effects of Fillers:

Side effects may show up hours to weeks after the procedure. Common side effects include bruising, itching, rash, tenderness, redness, pain, and swelling. Most side effects go away on their own following aftercare instructions.

When To See a Doctor:

You should see a doctor immediately if any side effects become complicated. Here are some symptoms to look for:

Vascular Occlusion: Vascular Occlusion occurs when the filler is injected into or around an artery, which compromises blood flow. Signs include immediate, severe pain and a change in skin color, which can look like white spots or splotches. It's important to note that the pain could take a little time to notice due to the numbing effect of lidocaine in the filler.

Intense Bruising or Swelling: If you experience intense bruising or swelling for more than a week, you should see your doctor. Although rare, allergies and reactions are possible.

Lumps from Dermal Fillers: Using a hyaluronic acid dermal filler can cause lumps. Some people develop hard swelling in the injected area after the treatment. Your doctor may try to dissolve them with Hylenex (Hyaluronidase). Many lumps will improve with massage and time.

Cold Sores: BEFORE your procedure, inform your doctor if you have herpes simplex virus 1 or have cold sore breakouts. Dermal fillers may trigger an outbreak at the injection site. Antiviral treatments will be needed. Let your doctor know if you have had herpes outbreaks after receiving dermal fillers in the past.

Lip Filler Swelling Stage Timeline

Day 0 (Lip Filler Treatment)

Immediately after the procedure, considerable swelling and inflammation can occur due to hyaluronic acid water retention. Uneven swelling in the first few days is common so don't be alarmed. It is impossible to assess until the inflammation has subsided.

Day 1 (After Treatment)

Inflammation is most severe and intense on the first morning after treatment. The lips will appear big due to the inflammation. The upper lip will have considerable projection and might be considerably larger than the lower lip. Sensitivity, tenderness and discomfort is most common.

1-2 days after lip filler you are at greatest risk of developing cold sores.

Day 2-3

Expect inflammation. Inflammation is a natural effect of trauma after getting fillers and a normal part of healing. You might start to see bruising, swelling and bumps. This should start to resolve in a few days.

Day 4

Swelling will start to reduce making it more comfortable for you to eat and talk.

After 1 week (7-14 Days)

Swelling should be subsiding, and you are starting to see the results. You may still have some swelling at this time, but your filler is integrating with your lip tissue. Please come for a follow up visit at this time. You may have remaining filler, if any is banked, injected at this time.

4 Weeks Later

Lips have settled and you can get assessed for symmetry and size.

DO's

Apply ice pack to your lips to your lips for first 48 hours to ease swelling and bruising

Hydrate- Drink lots of water to aid your body's healing process

Keep your lips clean, wash your hands before touching them

You may take Tylenol(acetaminophen), if not contraindicated, for discomfort

Schedule a follow up appointment in 2 weeks

Be patient. Full results take up to 14 days

DON'Ts:

Don't rub or massage unless instructed

Don't sweat it: No strenuous exercise or exposure to excessive heat

No blood thinning medication

No lipstick or balm for 24 hours

No straws

No smoking or vaping

No salty or spicy foods

No dental procedures for 2-4 weeks

Possible Side Effects

The most common reported side effects include redness, swelling, pain, tenderness, firmness, lumps/bumps, bruising, discoloration, and itching.

Bruising after dermal filler injections is typically temporary. While individual experiences may vary, here is a general timeline:

- **Immediate Bruising:** Some patients may notice immediate bruising at the injection site. This bruising is often more prominent if the treatment area involves a higher risk of vascular trauma.
- **48 Hours:** Bruising can reach its peak at around 48 hours post-injection.
- **3 to 7 Days:** In many cases bruising will begin to subside within 3 to 7 days
- **Complete Resolution:** By the end of 14 days, the bruising should have resolved.

Lumps: Some areas of lumps and bumps are normal from swelling and bruising as well as the product itself. **It takes 14 days before the product settles and integrates with your normal tissue.**

Abnormal Side Effects- Please notify us if you have any of the following:

Sudden or Severe Pain, Blanching (Pale, white or dusky in color), or Coolness to skin

These may be signs of a vascular occlusion, a rare but serious condition. Please visit your provider or the emergency room immediately. Hyaluronidase (Hyalenex) is an enzyme that may need to be injected as a reversal agent to dissolve hyaluronic acid filler.

Results

Dermal fillers last, on average, 6-12 months with some lasting 24 months. Studies have shown that a having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments. This document is designed to inform you about injections of dermal fillers and disclose the associated risks and alternative forms of treatment. It should not be regarded as all-inclusive because it does not anticipate all possible risks and alternative forms of treatment. This document is not intended to define or serve as the standard of medical care; standards of medical care are determined based on all the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve. It is important that you have read all the above information carefully and have all your questions answered before signing this consent form.

I consent to the administration of anesthetics and understand that all forms of anesthesia involve risk, and possible complications include injury and, rarely, death. I am aware that dermal fillers contain lidocaine. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained. I understand that there are alternative methods of treatment. I understand that there are risks to the proposed treatment. I certify, to the best of my knowledge, that I am not pregnant or breastfeeding at the time of treatment. I certify that I have not

consumed alcohol within four hours of the proposed procedure/treatment. I certify that all my questions regarding the proposed procedure/treatment have been answered. I am over the FDA approved age or have signed a waiver.

Publicity Materials

I hereby authorize the taking of clinical photographs and videos and their use for scientific and marketing purposes both in publications and presentations. I understand the photographs and videos may be taken of me for educational and marketing purposes. I hold BloGo Salon + MedSpa and Dr. Justin Bevel harmless for any liability resulting from this production. I waive my rights to any royalties, fees and to inspect the finished production as well as advertising materials in conjunction with these photographs. Initial

Payment

I understand that this is an “elective” procedure, and that the payment is my responsibility and is expected at the time of treatment.

Questions or concerns:

Please contact us at (205) 861-2546

For questions or concerns not requiring an immediate response please email: shannon@blogosalonmedspa.com

If you are experiencing a medical emergency, please call 911 promptly.

Patient Name: _____

Date of Birth: _____

Patient Signature: _____

Date: _____