



# QUAYSIDE

Facial Cosmetic Centre

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*Upstairs at the Waterfront, Sovereign Harbour*

[www.quay.tv](http://www.quay.tv)

After years of providing Cosmetic Dental treatment, we are finding more and more that a youthful appearance can often be gained from the reduction of fine lines and wrinkles around the mouth, eyes and forehead. We also found over time that increasing the fullness of the lips is very important in enhancing the appearance of front teeth.

At the Quayside Centre, we offer two main types of treatment facial rejuvenation. We use Dysport (similar to Botox) for active lines and Restylane and Hydracoll fillers for lines at rest and the augmentation of lips, cheeks and the chin.

*This pack contains information about*

- **Dermal fillers**
- **Botulinum Toxin type "A"**
- **How do wrinkles form?**
- **Common FAQs about facial cosmetics**

## Treatment with Dermal Fillers



Filling out the naso-labial folds and increasing fullness of lip with type 3 filler



Reduction of frown lines at rest with medium filler

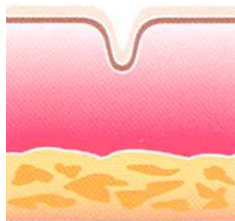


Globellar line reduction and frown line recontouring

At your initial meeting, we discuss your exact needs and what you are expecting from the treatment.

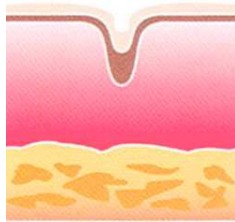
If we can help achieve these goals and you would like to proceed, we will carry out a full consultation and examination including photographic assessment. We will discuss possible treatment plans with you and a schedule for treatment. The fee for the cosmetic evaluation will be £35 which is refundable if you decide to proceed with treatment.

## Dermal Fillers



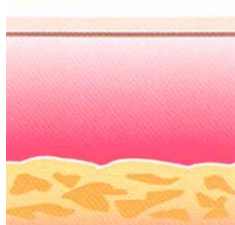
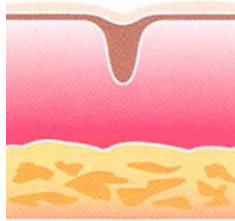
### What is RESTYLANE?

RESTYLANE is a gel that is injected into the skin in order to add volume to lips and lift up wrinkles and folds. RESTYLANE consists of hyaluronic acid, which is a natural substance already present in your body. Once in the skin, RESTYLANE works by creating volume. Some dermal fillers are derived from animal substances. The hyaluronic acid in RESTYLANE is non-animal.



### How is a treatment performed?

During treatment, the crystal-clear RESTYLANE gel is injected into the skin in tiny amounts with a very fine needle. The gel produces volume under the wrinkle, which is lifted up and smoothed out. When enhancing lips or facial contours, RESTYLANE adds volume and shape to the treated area.



### How long will the treatment session take?

Treatment with RESTYLANE is a very quick and easy process. As no pre-test is needed, the treatment can be carried out immediately. A treatment generally takes 30 minutes. The time differs somewhat, depending on the correction you wish to have performed.

### **What can be treated?**

RESTYLANE can be used for smoothing out folds and wrinkles, lip enhancements and shaping facial contours. The most common areas are the glabellar lines (between the eyebrows), the nasolabial folds (from the root of the nose to the angle of the mouth) and the lips, although other sites can also be treated. Very superficial or very deep wrinkles may be difficult to correct. Please consult your physician for an assessment.

### **Does it hurt?**

Most people find the injections relatively painless. They may prick a little. If you like, a topical anaesthetic can be applied to the area being treated prior to your procedure. When enhancing the lips, a local anaesthetic injection is often given.

### **How soon will I see the results?**

The results can be seen immediately.

### **What will I look like after the treatment?**

Immediately after the treatment, you can expect slight redness, swelling, tenderness or an itching sensation in the treated area. This is a normal result of the injection. The discomfort is temporary and generally disappears in a few days. After a lip treatment, the lips may become swollen and look somewhat uneven. This can persist for a few days (up to a week). If the discomfort continues, please contact us

### **What should I bear in mind after my treatment with RESTYLANE?**

During the first 48 hours after your treatment, do not massage or rub the treated area. If you have had a lip enhancement, avoid puckering your lips for the first two days after the treatment. Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. in a solarium or by sunbathing) or extreme cold.

### **Can RESTYLANE be removed?**

No, however, RESTYLANE dissolves naturally with time. If you feel uncertain about the desired result, you can choose to have the treatment done in steps on different occasions.

### **Can RESTYLANE replace surgical procedures?**

No. However, RESTYLANE is sometimes used in conjunction with surgery to fill out wrinkles that cannot be removed by surgery.

### **What should I think about before I have a RESTYLANE treatment?**

Look at yourself in the mirror and think about the result you are expecting. Try to convey your expectations to your physician before the treatment and ask him or her what is possible.

## Treatment of fines lines with Dysport and Botox (Botulinum Toxin Type "A")

Dermal fillers are great for filling in lines and wrinkles that are at rest. When you smile, or frown, more lines may appear. Botox and Dysport work by stopping the muscle fibres from moving when you make a facial expression.

This is a great treatment for vertical and horizontal frown lines and the treatment of crows feet.

Quite often, Dysport and Fillers are used in combination to get the best result.

For more information see the FAQs at the end of this information pack.



*before dysport on crows feet*



*after dysport on crows feet*



great lines for Botulinum toxin treatment!

# Good to know

How does a wrinkle occur? What can you do to prevent unwanted signs of ageing? Among these facts about your skin and health, you will find the answers.

## The largest organ in your body

The skin is the largest organ in the body, comprising about 15% of the body weight. The total skin surface of an adult ranges from 1.5-2 square metres.

## What happens as we age?

Young skin is smooth and elastic and contains a large amount of hyaluronic acid that helps the skin look healthy. As we grow older, the ability of the skin to produce hyaluronic acid decreases and the amount of hyaluronic acid begins to fall. As hyaluronic acid helps to bind water, the ability of the skin to retain water also declines with age. As a result, the skin becomes drier, thinner and less able to restore itself. The loss of skin fullness also means that the skin becomes looser. This leads to wrinkling and the older appearance of the skin.

## The layers of your skin

Your skin consists of three main layers: the epidermis, dermis and subcutaneous tissue. The epidermis is the outer layer that protects you from heat and cold. The condition of the epidermis determines how your skin looks and also how well your skin absorbs and holds moisture. Wrinkles, however, are formed in lower layers. The dermis is the middle layer of the skin and the skin's support structure. It is the thickest layer and comprises a network of collagen and elastin fibres. The subcutaneous tissue consists mainly of fat that keeps us warm, stores energy and protects inner organs.

## What causes lines and wrinkles?

The dermis is the skin layer responsible for the skin's elasticity and resilience. The dermis functions as the skin's support structure, containing collagen, elastin and biological substances whose main function is to hold moisture in the skin. One of these substances is hyaluronic acid. As we age, the amount of collagen and hyaluronic acid decreases and the elastic elastin fibres become looser and tend to gather in formations, creating wrinkles and folds. However, age is not the only cause of wrinkles. Smoking, sun bathing and pollution damage the structure of your skin, irrespective of age.

## **Exercise to combat wrinkles**

Did you know that exercise not only strengthens your body, but also reinforces your skin? When you subject your body to pressure in a work-out, you also exercise your skin. The increase in blood circulation increases the renewal of cells and makes the capillaries stronger. In this way, you prevent your facial skin becoming bloated, wrinkled and wealed.

## **6-8 hours of sleep**

If you want to appear full of life, don't compromise on your sleep. If you don't allow your body to rest for six to eight hours each night, your face will soon show signs of this.

## **General Questions about Non Surgical Cosmetic Procedures to reduce lines and wrinkles**

### ***Who will carry out the treatment?***

Treatment will be carried out by Anna Clarke, a nurse registered with the Royal College of Nursing or Dr Rob Endicott, a registered Dental Surgeon, who are both licensed to carry out these procedures.

### ***Do they have a certificate of accreditation?***

Yes, both Anna and Rob have carried out extensive training in the field of non surgical cosmetic procedures and are certified.

### ***How frequently do they carry it out?***

Procedures are carried out during two sessions per week.

### ***Do they have professional indemnity insurance?***

QuaySide Facial Cosmetic Centre has full liability insurance which covers both practitioners.

### ***Is the treatment right for me?***

Everybody is different. Everyone's face is different and what works for one person is not necessarily appropriate for everyone else. We do a thorough consultation first with one of the practitioners and then once we have all the information we need we can build a treatment plan specific to you. We will go through the options and costs for each recommended procedure and make sure you are fully satisfied before proceeding.

### ***How long does the treatment take?***

Treatment times are usually between 20 minutes and an hour, depending on the complexity of treatment.

### ***Is the treatment painful and if so what form of anaesthesia is used?***

For lip enhancement and treatment of oral nasal lines, we use dental local anaesthetic injections under the lip, administered by Dr Rob Endicott. For treatment around the eyes and forehead, only surface anaesthesia is required. We have clear gels we can paint on to the skin which go deep into the tissues to numb effectively.

### ***Is all equipment used sterile and used only for me?***

Yes, all the equipment we use is provided for single use application.

***For dermal fillers – what is the filler made of and do I need a test to find out if I am allergic to it?***

We use Restylane fillers which are non animal based. They contain Hyaluronic Acid which is found naturally in body tissues.

***For Dysport® (or Botox) - will I see a doctor, dentist or an Independent Nurse Prescriber and will he or she prescribe the Botox®?***

Only doctors, dentists and nurses are allowed to prescribe Botulinum Toxin type "A".

***What are the risks involved?***

The rate of reactions to RESTYLANE is very low. However, after the treatment some common injection-related reactions may occur, such as swelling, redness, pain, itching, discoloration and tenderness at the injection site. These typically resolve spontaneously within a few days after injection into the skin and within a week after the injection into the lips. Other types of reactions are very rare, but about 1 in 2000 treated patients have experienced localized reactions thought to be of a hypersensitive nature. These have usually consisted of swelling at the injection site, sometimes affecting the surrounding tissues. Redness, tenderness and rarely acne-like formations have also been reported. These reactions have either started a few days after the injection or after a delay of two to four weeks, and have generally been described as mild to moderate and self-limiting with an average duration of two weeks. This text does not contain all the information known about these products. For more information please consult your practitioner.

***Why do the lips sometimes become very swollen immediately after a RESTYLANE treatment?***

The cause of this is not yet known, but there is no reason to believe that this is an immunological reaction. Normally, the swelling is gone within a week after injection into the lips.

***Can patients with allergies of different kinds be more sensitive to RESTYLANE?***

So far, no connection between patients with allergies and patients that report a reaction to RESTYLANE has been established.

***Are there any other treatment options available for me to achieve the results I want?***

It is possible to use longer lasting fillers, that can last over two years, or even facial implants, carried out by Cosmetic Surgeons in Hospitals. If you are interested we can provide a referral to the Esperance Hospital in Eastbourne for a more surgical based cosmetic consultation.

***Do you have any 'before and after' photographs that I can see?***

Photographs of actual cases are available at the practice in our welcome book and will be available on our website [www.quay.tv](http://www.quay.tv)

***What type of aftercare regime will I need after treatment?***

We almost always have a review appointment a few weeks later to check on the progress of your treatment, to take photographs and we will always advise on appropriate aftercare cosmeceuticals and skin care products. During that visit,

you may require the treatment to be "topped up". No extra charge will be made for the follow up visit.

***Will I need pain relief following treatment?***

It is very unlikely that you need any pain control, but we can advise the use of paracetamol or ibuprofen after treatment if discomfort exists.

***Will I have swelling or bruising and can these be treated?***

It is common to get a little swelling after filler treatment, but this is temporary. Problems after Botox and Dysport treatment are extremely rare.

***At what stage will I be able to judge the results of treatment?***

The effects of muscle relaxing will take up to two weeks to take full effect. With Fillers, the results are instant.

***How long do the results last?***

Muscle relaxant treatment for removing fine lines can last between four and six months. Filler treatment can last a little longer.

***What will be the cost of the treatment, including any materials I may need after it?***

Example fees would be £250 for a single site treatment and £200 per subsequent site. A detailed treatment plan will be provided and all costs agreed before we start.

***If I change my mind and decide not to complete the treatment, do I still need to pay the full cost for the treatment?***

We only charge for the work done.

***What will happen if I am unhappy with any aspect of the treatment?***

The first port of call is to discuss any problems with the practitioner. We will aim to resolve any issues you may have and do whatever we can to ensure you are satisfied with our treatment.

***Will my photographs be shown to anyone else for any reason?***

We always take photographs beforehand as they are absolutely vital to help diagnose the lines and wrinkles and decide on the suitability of the treatment. We always like to be able to use the photographs for our album as we like to keep a record of actual cases. We will always get your consent in writing before using the pictures and we will always ensure that your full face is not used so that no one can tell its you. We will get you to proof the photos before we use them and please tell us at any time if you are unhappy with us using them.