

Dermal Fillers

Supporting facial volume, proportion and contour.

Dermal filler treatments are a cosmetic medical procedure used to support selected facial contours, proportions or age-related volume changes where clinically appropriate. The products used are prescription-only medicines (Schedule 4) prescribed by a registered medical practitioner following an in-person consultation. Suitability depends on facial anatomy, vascular risk, medical history and realistic treatment goals.

WHAT IT TREATS

Dermal fillers may be considered for selected age-related volume loss, contour support, facial balance, lines, folds or hollows after individual assessment. Treatment planning is usually conservative and may be staged over multiple appointments rather than performed in a single session. Not every concern is best treated with filler — for some patients skin quality treatments, energy-based treatments, surgery or no treatment may be more appropriate.

HOW IT WORKS

A gel-like injectable medical product is placed beneath the skin or deeper soft tissues using a fine needle or cannula. The aim is to support structure, contour or volume in a controlled, anatomically appropriate way. Product choice, placement depth and amount are selected by your treating clinician after assessing facial anatomy, tissue quality and vascular risk.

WHAT TO EXPECT DURING TREATMENT

Your clinician will discuss your goals, assess your facial anatomy and explain risks before any treatment. The area is cleaned and treatment points are planned. Treatment may use a needle or cannula and can cause pressure, brief stinging, a firm sensation or mild discomfort. The result may appear swollen or uneven immediately because tissue response is immediate — the final result is not visible on the day.

DOWNTIME AND RECOVERY

Bruising, swelling and tenderness are common for several days, and some treated areas swell more than others. Lumpiness, firmness or asymmetry can occur while the product and surrounding tissue settle. Plan treatment well away from major events — bruising and swelling are unpredictable and early results are not the final result.

RISKS AND COMPLICATIONS

Common side effects. Redness, tenderness, swelling, bruising, temporary lumpiness, firmness, itching, asymmetry and the need for review or staged adjustment. Most mild effects settle with time; contact the clinic if symptoms worsen or feel unusual.

RARE / SERIOUS RISKS — MATERIAL RISKS

Please read carefully — these form part of your informed consent.

The most serious risk is **vascular occlusion** — filler entering or compressing a blood vessel. This can cause severe pain, skin injury, tissue loss and, very rarely, visual disturbance or blindness. Other recognised risks include infection, abscess, delayed inflammatory reaction (sometimes weeks or months after treatment), nodules, product migration, scarring and an unsatisfactory cosmetic outcome.

Urgent review is required for: severe pain, skin blanching (pale or white patches), dusky or mottled skin, blistering, spreading redness, fever, or any visual symptoms. Contact the clinic immediately, and if it is after hours present to an emergency department.

PRE-TREATMENT INSTRUCTIONS

Provide a full medical history — allergies, immune conditions, previous filler treatment, recent surgery or dental work, infection, cold sores and all medications and supplements. If advised, avoid alcohol and non-essential blood-thinning supplements in the days before treatment. Do not proceed if you feel unwell or have active infection (including dental infection) near the treatment area.

POST-TREATMENT INSTRUCTIONS

Avoid pressure, facial massage, strenuous exercise, heat, saunas and alcohol for the period your clinician advises. Keep the treated area clean and do not manipulate lumps unless instructed. Seek urgent advice for increasing pain, pale or dusky skin, blistering, spreading redness, fever or any visual disturbance.

EXPECTED RESULTS AND TIMELINE

Some change is visible immediately, but swelling distorts early results. Settling typically takes days to weeks depending on area and product. Longevity varies between patients and between treated areas; maintenance or staged top-up may be discussed at review.

CONTRAINDICATIONS

Filler may not be suitable during pregnancy or breastfeeding, with active infection (including dental or cold sore), known allergy, previous serious reaction to a filler product, significant immune or bleeding disorders, or unrealistic treatment expectations. Individual medical assessment is essential.

QUESTIONS BEFORE CONSENT

If anything in this document is unclear, please ask before signing your consent form. Specific product names, doses, areas to be treated and costs are discussed at your individual consultation, not in this written information.

ALTERNATIVES

Dermal filler is one of several pathways for addressing volume, contour or age-related change. Alternatives may include skin quality treatments (BBL, HALO, microneedling, PRF), professional skincare, other cosmetic medical procedures, surgical options or no treatment. Your clinician will discuss whether an alternative or combined approach may suit you better than filler alone.

REFLECTION PERIOD & CONSENT

For new patients, NovaLux provides a reflection period between your consultation and your first filler treatment. This gives you time to consider the information, weigh alternatives and arrive at an informed decision without pressure. The length of this reflection period is discussed at consultation and aligned with AHPRA's cosmetic procedure guidelines.

PSYCHOLOGICAL WELLBEING

Filler is a cosmetic procedure and your reasons for seeking treatment matter. As part of your assessment your clinician may discuss what is prompting you to consider filler and what you are hoping it will change. If concerns are identified that suggest a different pathway — including independent psychological support — this will be raised openly and respectfully. You are encouraged to raise this yourself at any point.

Disclaimer: This document provides general information and does not replace a formal medical consultation. Please discuss any questions with your treating practitioner prior to signing your consent form. The specific prescription medicines used in this treatment are not named in public-facing materials under Australian TGA advertising regulations and AHPRA guidelines (effective 2 September 2025). This document is clinical patient information provided after consultation, not advertising. Product names, doses and costs are discussed at your individual consultation.

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