



HNO - ZWILLINGE

Praxis für Hals-, Nasen-,
Ohrenheilkunde Mosbach

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General Patient Information on Hyaluronic Acid Treatments for the Facial Area

Dear Patient,

Thank you for your interest in hyaluronic acid treatment for the facial area. This information provides you with an overview of the treatment, possible side effects, and advice on when to seek medical consultation.

What is Hyaluronic Acid? Hyaluronic acid is a natural substance in the body that binds moisture and contributes to skin firmness. With age, the natural hyaluronic acid content in the skin decreases, leading to wrinkles and loss of volume. In aesthetic medicine, hyaluronic acid is used as a filler to:

- Smooth wrinkles,
- Build volume (e.g., cheeks, lips),
- Hydrate the skin and give it a fresher appearance.

Applications in the Face

- Wrinkle treatment: Nasolabial folds, marionette lines, lip lines.
- Volume build-up: Cheeks, temples.
- Lip contour and volume: Emphasizing or enlarging the lips.

Treatment Process

1. **Consultation:** Before the treatment, your doctor discusses your desires, treatment goals, and possible risks.
2. **Treatment:** Hyaluronic acid is injected into the desired areas with a fine needle or cannula.
3. **Aftercare:** There is no downtime. Mild redness or swelling usually subsides within a few hours to days.

What Can You Expect?

- The effect is immediately visible. However, there may be slight swelling in the first few days.
- Results last about 6–18 months depending on the product and treatment area.

Possible Side Effects Hyaluronic acid treatments are generally well-tolerated but can have temporary side effects:

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Common, temporary side effects

- Redness, swelling, or bruising at the injection sites.
- Pressure or tension in the treated area.
- Small lumps or unevenness that usually resolve on their own.

Rarer side effects

- Infections at the injection site.
- Allergic reactions such as redness or itching.
- Blood vessel constriction that can lead to paleness or discoloration.

Severe Complications (rare):

- Blockage of blood vessels, which in very rare cases can lead to tissue loss.
- Inflammations or abscess formation.

When Should You See a Doctor? Contact your doctor immediately if:

- Severe pain, paleness, or discoloration occurs in the treated area, as this could indicate a circulatory disorder.
- Persistent swelling or redness exists, which could indicate an infection.
- You feel hard lumps that do not go away on their own.
- There are allergic reactions such as shortness of breath, severe itching, or facial swelling.

Advice Before and After the Treatment Before the Treatment:

- Inform your doctor about existing conditions, allergies, or medications (e.g., blood thinners like aspirin or ibuprofen).
- Refrain from alcohol and blood-thinning agents 24 hours before the treatment to reduce the risk of bruising.

After the Treatment:

- Avoid intense physical activity, sauna sessions, and UV exposure for at least 24 hours.
- Do not touch or massage the treated areas unless advised by your doctor.
- Cool the treated area carefully with a clean cold pack if swelling occurs.

Questions or Concerns? If you have further questions or experience side effects, please contact us at any time. We want you to feel completely comfortable and safe during and after the treatment.

Your Practice Team

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