

A GUIDE TO
FACIAL AESTHETICS

WRITTEN BY JANINE WATERFALL



JANINE | Facial
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WHAT ARE FACIAL AESTHETICS

Facial Aesthetics are non-surgical treatments that involve subtle enhancements of facial features. Within this document we will be discussing specifically anti-ageing treatments and dermal fillers. As we age, we naturally lose volume within our face & neck. This is down to loss of bone, muscle & fat which results in the face becoming thinner & concave over time. In order to rectify this, aesthetic practitioners are now able to incorporate volume into these areas

& remodel to give the face a youthful appearance. A beautification process involves much precision, skill and is a fine art in its own right. Many practitioners today are training to learn the fundamentals behind this process, moving away from old-fashioned ways & looking at your face as a whole, tailoring care plans to compliment your natural features & enhance these. The study of beauty is a complex & an interesting field to learn indeed.

WHAT TO EXPECT

Prior to treatment it is essential that you book a consultation with your clinician. During my consultation I will be looking to listen to you and determine what it is you are aiming to achieve with treatment. I will examine your facial features and take measurements to help aid a tailored care plan for you.

During this time it is essential for me to take a thorough medical history from you. Please don't be offended if I ask some in depth questions that may seem like a lot as this really does help me with treatment and to make sure you get the best care possible.

Another essential part of the consultation are taking before photos. This is a legal requirement now but it is also a very valuable tool for you to see your end results and to show off if you wish. Rest assured that I keep all of your personal information under encryption so it is safe and between us unless you allow me to share.

Once we have consulted I will give you some time to think about what we have discussed and I will give you a tailored care plan for you to take home, along with some pre-operative instructions for you to follow prior to your treatment day.

On the day we will go over your care plan once more to ensure you are happy to go ahead & then it will be time. If you are nervous with injections I can offer you some naesthetic along with some other techniques I have available for you, to ensure you feel comfortable throughout. There is no pressure on you and we go at your own pace.



JANINE WATERFALL (BSC) DENTAL THERAPIST &
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Afterwards, I will give you plenty of time to rest and during this time we will go over any aftercare instructions. Don't worry if you forget as I will give you a copy of these to take home with you.

I prefer to see my clients 14 days after most treatments in order to review how you are and examine the results. This is a great time to take after photos too, as we can now see a true result from your treatment.

WHAT ARE THE BENEFITS

Our bodies take a real hit over the years. Sun lovers in particular can experience the effects of ageing quicker than some due to the damaging effects of the UV radiation emitted by the glorious ray of sunshine that we all love and enjoy.

Other elements that we often don't consider include our diet, skincare regime, pollutants and sleep.

With a subtle and gentle approach you can achieve results that can help one to feel more youthful in appearance and confident. This can be done in a healthy and beautiful way that suits you.

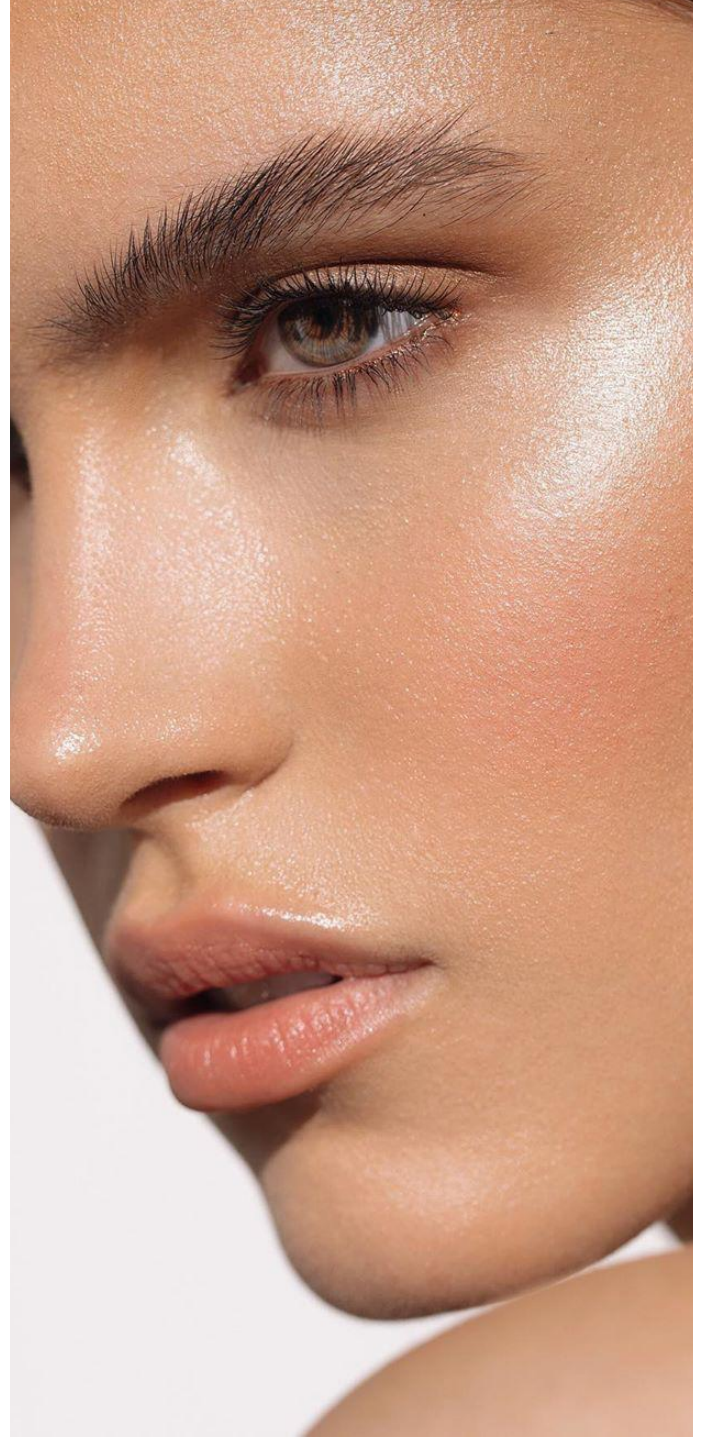
The benefits to these treatments include;

- Anti-ageing
- Volume addition
- Improved complexion
- Masculination/Feminisation contouring
- Nose reshaping
- Prevention of line formation
- Reduction in pronounced jaws
- Skin/Brow lifting
- Alleviation of Bruxism/Hyperhidrosis

WHAT ARE THE RISKS

"EVERY TREATMENT POSES A CERTAIN AMOUNT OF RISK BUT THESE ARE RARE"

The most common side effect from treatment is redness, soreness, swelling and bruising.



Please do not be alarmed if you experience these for up to 2 weeks post treatment. If you are on blood thinners then this could last longer. Majority of patients experience no other side effects however it is important to report any concerns to your clinician so they can assess and treat accordingly. There is always a small risk of an allergic reaction however these are rare. Every treatment poses a certain amount of risk but these are rare and your clinician will explain these prior to treatment so you are aware of them.



HOW LONG DOES IT LAST

DERMAL FILLERS

Depending on treatment site and type of dermal filler used by your clinician will depend on its duration of action. Generally most products last between 6-24 months.

For lip enhancements the type of dermal filler used is a softer and can last from 6-12 months. Within the cheek, jawline, chin, tear trough and nasolabial folds a thicker dermal filler that lasts anywhere from 6-24 months can be used.

ANTI-AGEING INJECTIONS

Generally most anti-ageing injections last between 3-6 months. We are all unique and different and due to this our bodies will react differently to substances within our bodies. This means that for some the product may last a little longer but for some it may wear off much sooner.

A close-up photograph of a woman's eye, looking directly at the camera. She has blonde hair and is wearing dark eye makeup, including eyeliner and mascara. The background is a soft, out-of-focus grey.

WILL IT HURT

"WE ARE ALL DIFFERENT AND UNIQUE BUT WE CAN HELP WITH THIS"

If you are a nervous patient, please rest assured that I will work with you at your own pace to ensure you remain comfortable throughout. We also have numbing creams and products that contain anaesthetic to improve comfort. Being a dental professional, I see many anxious patients and I am very attentive to you during the appointments, plus I have some techniques up my sleeve to help calm your nerves during treatment. We are all different and unique but we can help with this.

IS THERE DOWNTIME

The great thing about these types of treatments is that in the majority of cases, is that there is minimal downtime. We are all different and I explain this to all of my patients, some may prefer to go home and rest after treatment & some may wish to go straight back to work and/or daily activities.

A common side effect is mild to moderate swelling which maybe visible for up to 2 weeks after.

It is best to avoid some things especially smoking and alcohol for 72 hours, any strenuous exercise for 24 hours and make up in the area for at least 12 hours as this can increase your chances of inflammation and infection. You will be given aftercare instructions to ensure you know what to avoid after treatment.



HOW DO I KNOW WHAT I WANT

I strongly believe that it is essential to form a good relationship with your clinician. By having a thorough consultation and discussion about what you want to achieve from treatment, this will allow your clinician to use their expertise and tailor a care plan for you.

I will be looking at your features and giving you explanations behind my recommendations but ultimately the decision is yours to make.

Some treatment recommendations may not be within my skills so I may recommend procedures that I am unable to perform. I am not interested in performing treatments that are unnecessary, your best interests are what I care about.

The best way to determine what you would like to have done is to book a consultation and have a thorough examination and discussion.

RESULTS

JANINE WATERFALL SAYS

"You can enhance your natural features with simple techniques and this can be very subtle and beautiful. Embracing what you have and refreshing your look can sometimes be all you need to feel great. Janine will work with you in a holistic manner to determine what it is you're looking for, in a healthy and balanced way."



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