

This document is designed to provide information about the Natural Filler (Bio Filler) Injection, its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

100% Autologous / natural | Safe, Quick & Effective Treatment | Immediate & Progressive Results | Little or No Downtime

The Procedure: The Natural Filler or Bio Filler is the latest and the most exciting aesthetic procedure that we have introduced and a **100% natural alternative to synthetic fillers**. Natural Filler is produced from components in the patient's own blood and are injected in a similar fashion as other synthetic fillers **to add volume, contour, lift and rejuvenate the skin in areas like face, neck, hands, ect.** Natural Filler can be injected in the **cheeks, jawline, chin, areas around the eyes & mouth, nasolabial folds, lips, neck, back of the hands, stretch marks and more.** The autologous nature of Natural Filler minimizes any risk of side effects, rejection, and/or allergies and the ability to harvest large doses of Natural Filler from a simple blood draw makes Natural Filler an extremely attractive aesthetic procedure with immediate and progressive results. Natural Filler has the same color and consistency as autologous fat, but becomes softer when injected allowing the results to be more precise and refined.

- A blood sample of 15cc-30cc is taken from the patient (like a blood test).
- Spinning the blood sample inside a specialized centrifuge to separate the blood into multiple layers including Platelet-Poor-Plasma (PPP), Platelet-Rich-Fibrin (PRF), and red blood cells.
- The Platelet-Poor-Plasma (PPP) component is heated inside a specialized bio-heater device to form a bio-gel (albumin gel).
- Reconstituting this bio-gel with the Platelet-Rich-Fibrin (PRF) containing platelets, proteins, growth factors, fibrin and other regenerative cells will produce 4cc-8cc of the platelet-rich Natural Filler (Bio Filler).

Unlike synthetic fillers, Natural Filler contains a high concentration of the patient's own growth factors that repair and proliferate damaged cells and stimulate collagen production meaning your skin will be naturally reproducing itself for months after the injections. The results of Natural Filler are immediate and stable for several months until it is metabolized by the body. The expected rejuvenating benefits of Natural Filler are generally visible at 6-8 weeks after the treatment and continue to gradually improve over 6 months or longer. Longevity of the result is dependent on many factors including but not limited to age, health, lifestyle, skin conditions, areas of injection, the amount injected, and metabolism. Without periodic touchup injections, the improvements will gradually wear off. Individual results may vary and are difficult to predict. We cannot guarantee how long the results will last, how much of an improvement there will be, or how painless the treatment will be. Regional nerve blocks or a topical anesthetic will be applied to diminish discomfort. Followup treatments for additional improvement, correction of side effects or complications may be necessary and incur additional cost.

Recommended Course of Treatment: A series of 2-3 treatments spaced 4-6 weeks apart. Maintenance treatments can be performed every 6-12 months to boost and maintain the results. Significant results can last as long as two years.

Contraindications include, but are not limited to the following:

- Pregnancy, trying or breastfeeding
- Acute or chronic infections, sepsis
- Abnormal platelet function or blood disorders
- Skin diseases or allergies
- Any severe metabolic or systemic disease
- The use of blood thinners or systemic corticosteroids
- Impaired judgment, psychological conditions, and substance abuse
- **Patients with unrealistic expectations**

Risks & Possible Side Effects include, but are not limited to the following:

- Injection site reaction (Common): Bruising, Swelling, Erythema, Pain/Tenderness, Itching
- Infection, Herpetic Outbreak
- Asymmetries, Bumps/lumps, Surface irregularities, and Nodules
- Skin discoloration (Rare)
- Dizziness or fainting
- Injury to a nerve and/or muscle (Rare)
- Vascular occlusion (Extremely rare)
- Minimal effect from the treatment

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

Alternative Procedures: Dermal filler injection is an elective aesthetic procedure, which is not medically necessary or required.

Pre / Post Care Instructions Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

Before Your Treatment

- **You may not be pregnant, trying to be pregnant, or lactating.**
- It is not recommended to have a Natural Filler injection treatment less than 2 weeks before a big event.
- Inform your practitioner if you have a history of medication allergies, history of anaphylaxis, and any other medical conditions.
- If you are prone to cold sores, it is recommended to take an antiviral medication for 3 or more days before and after your treatment.
- To minimize bruising or bleeding it is best not to take any blood thinning or NSAIDs medications, vitamins, and supplements (unless otherwise prescribed by your doctor) for at least 3 days to 1 week before your treatment.
- If you have a tendency to bruise easily, you may start taking over-the-counter Arnica Montana tablets 3 days before your treatment.
- Do not apply potentially irritating products for 2 days before and after your treatment (e.g. tretinoin, retin-a, glycolic acid, hydroquinone).
- Avoid alcohol, caffeine, and cigarettes for 24-48 hours before and after treatment as they may contribute to increased swelling or irritation.
- **Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.**
- Avoid excessive sun or heat exposure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide.
- Reschedule your appointment if you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your treatment.

Day of Treatment

- Please eat a normal breakfast or lunch the day of your treatment.
- Drink a bottle of water (500 mL) at least 2 hours before your treatment.
- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Topical numbing cream for 30-45 minutes or regional nerve blocks may be administered to maximize your comfort during the procedure.
- You may experience a mild/moderate amount of tenderness and discomfort during your procedure.
- Your practitioner will make individual recommendations on when to resume normal skincare or haircare.

After your treatment

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid touching, rubbing, picking, or manipulating the injected area(s) for 6 hours after your treatment. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact your practitioner.
- Minimize excessive movement of the treated area(s) for 3 days after treatment to avoid potential migration of Natural Filler.
- If there is a visible bump, you may gently massage the area. You may feel lumpy and/or bumpy for a few weeks afterwards. This is normal. The key is not to see the lumps. You may also feel "firmness" which will soften and settle with time (usually 1-2 weeks).
- You may take Tylenol (acetaminophen) for post-treatment discomfort or Benadryl / Zyrtec if you experience excessive itching.
- You may take over-the-counter Arnica Montana tablets or apply Arnica Montana topical cream to help reduce bruising.
- Apply a cool compress to the treatment area (do not apply ice directly to the skin) for 10 minutes every half an hour on the day of treatment.
- Sleep on your back for the first few nights to relieve pressure on the area and avoid disturbing the Natural Filler.
- Avoid alcohol, caffeine, and cigarettes for 24-48 hours before and after treatment as they may contribute to increased swelling or irritation.
- Avoid vigorous exercise, sun and heat exposure for 3 days after. (i.e., sunbathing or tanning bed)
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid submerging head under water for a full 24 hours after facial treatment; this includes pools, beach, bathtub, hot tub, etc.
- Do not apply potentially irritating products for 2 days after treatment (e.g. tretinoin, retin-a, glycolic acid, benzoyl, hydroquinone).
- Avoid makeup for at least 24 hours and until healed.
- Continue to avoid blood thinning or NSAIDs medications, vitamins, and supplements (unless otherwise prescribed by your doctor) for at least 3 days to 1 week before your treatment.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials or microdermabrasion for 2 weeks after.
- In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic.
- Schedule a follow-up appointment 14 days after your treatment for your practitioner to assess the outcome.

If you experience any side effects, such as prolonged discomfort or swelling, a histamine reaction, or infection, immediately contact your practitioner for proper assessment and care instructions.