

PATIENT INFORMATION

HYALURONIC ACID FILLERS



Cutis Clinic



ABOUT THE TREATMENT

A non-permanent filler consists of a gel based on hyaluronic acid (HA), a substance naturally found in the body's connective tissues. HA has been used in cosmetic treatments for several decades.

As we age, the face undergoes a number of changes:

- The skin's content of collagen, elastin, and hyaluronic acid decreases, leading to reduced elasticity, increased laxity, and volume loss.
- Deep facial fat compartments diminish, resulting in loss of facial fullness and contour.
- Facial bone structures gradually remodel, contributing to further loss of support and shape.

Injection of HA-based filler can partially restore lost volume. Fillers may be injected superficially to treat fine lines and wrinkles, or placed deeper beneath the skin or within the lips to create volume and improve contour and symmetry.

HA fillers integrate into the surrounding tissues and attract water, providing both volume and hydration. Because HA is naturally broken down by the body, the filler gradually dissolves over months to years.

If clinically indicated, the filler can be partially or completely dissolved using injections of the enzyme hyaluronidase.



PRE-TREATMENT CONSULTATION

After reviewing this written patient information, you will attend a consultation to assess whether treatment is appropriate for you. You are welcome to bring a companion.

During the consultation, we will discuss your wishes, expectations, and treatment options and develop an individualized treatment plan. You will receive verbal information regarding the procedure and have the opportunity to ask questions.

For cosmetic indications, a mandatory reflection period of at least 2 days applies before informed consent can be provided.

PREPARATION BEFORE TREATMENT

To reduce the risk of bruising, it is recommended that approximately one week before treatment you discontinue acetylsalicylic acid (e.g., Aspirin®), herbal medicines, and dietary supplements with blood-thinning properties (e.g., fish oil, garlic, ginger, ginseng, ginkgo biloba, and vitamin E).

Treatment with non-permanent filler is not offered to:

- Pregnant or breastfeeding women
- Patients under 18 years of age (for cosmetic indications)
- Patients with known hypersensitivity to the ingredients (hyaluronic acid or lidocaine)
- Patients with active infection of the face or oral cavity (e.g., dental root infection)
- Patients with active or poorly controlled autoimmune disease

During the consultation, you will be advised whether topical or local anaesthesia is appropriate for your treatment.

For lip augmentation procedures, topical anaesthetic cream is generally applied approximately 15 minutes before treatment.



THE TREATMENT

Treatment is performed by an authorised healthcare professional with appropriate training and registration with the Danish Patient Safety Authority.

Clinical photographs are obtained and securely stored as part of your medical record and treatment documentation.

Before treatment, the skin is cleansed and disinfected, and the treatment areas are reviewed and confirmed.

The filler is injected using either a fine needle or a blunt-tipped cannula. Treatment duration depends on the number of treatment areas and the amount of product used and may vary accordingly. A typical treatment may take anywhere from approximately 10 minutes to up to one hour for larger procedures.

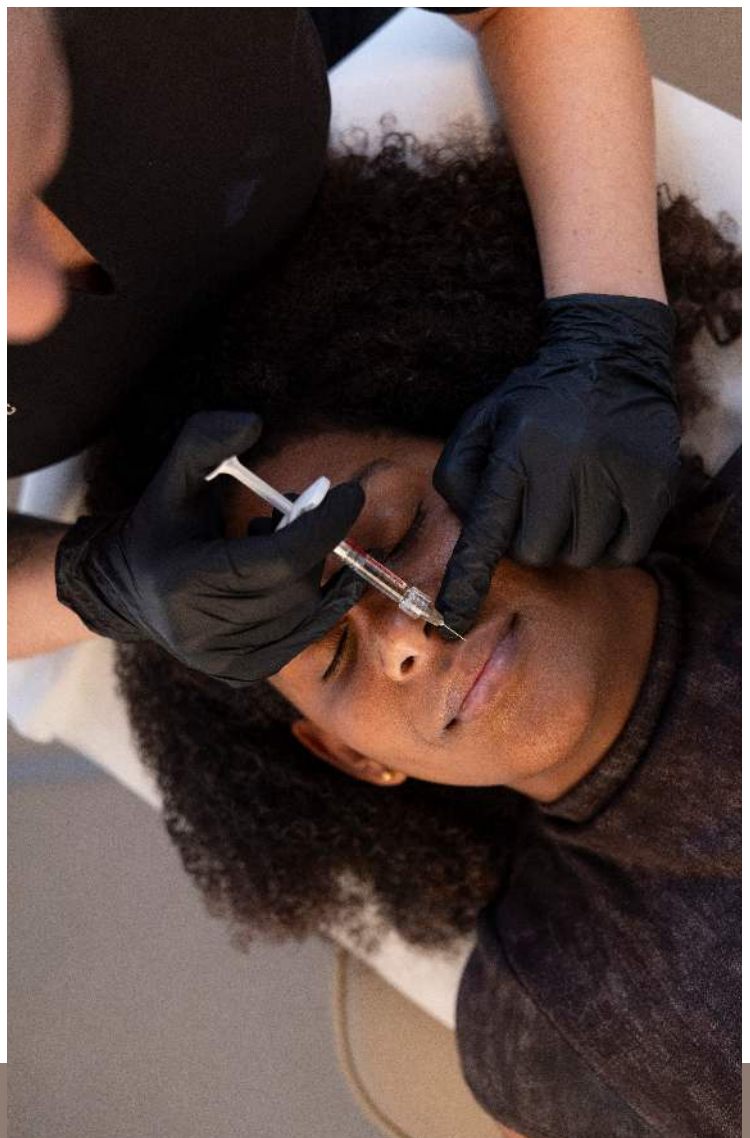
The choice of product, injection technique, and treatment plan is based on an individual clinical assessment.

AFTER THE TREATMENT

Immediately after treatment, mild swelling, redness, and tenderness of the skin are expected. These reactions are temporary and typically subside within a few days.

Following lip treatment, swelling may be more pronounced.

Makeup and skincare products may be applied after 4 hours.



SIDE EFFECTS

Serious adverse events are uncommon but may occur even when treatment is performed correctly. The occurrence of side effects or complications does not in itself indicate malpractice.

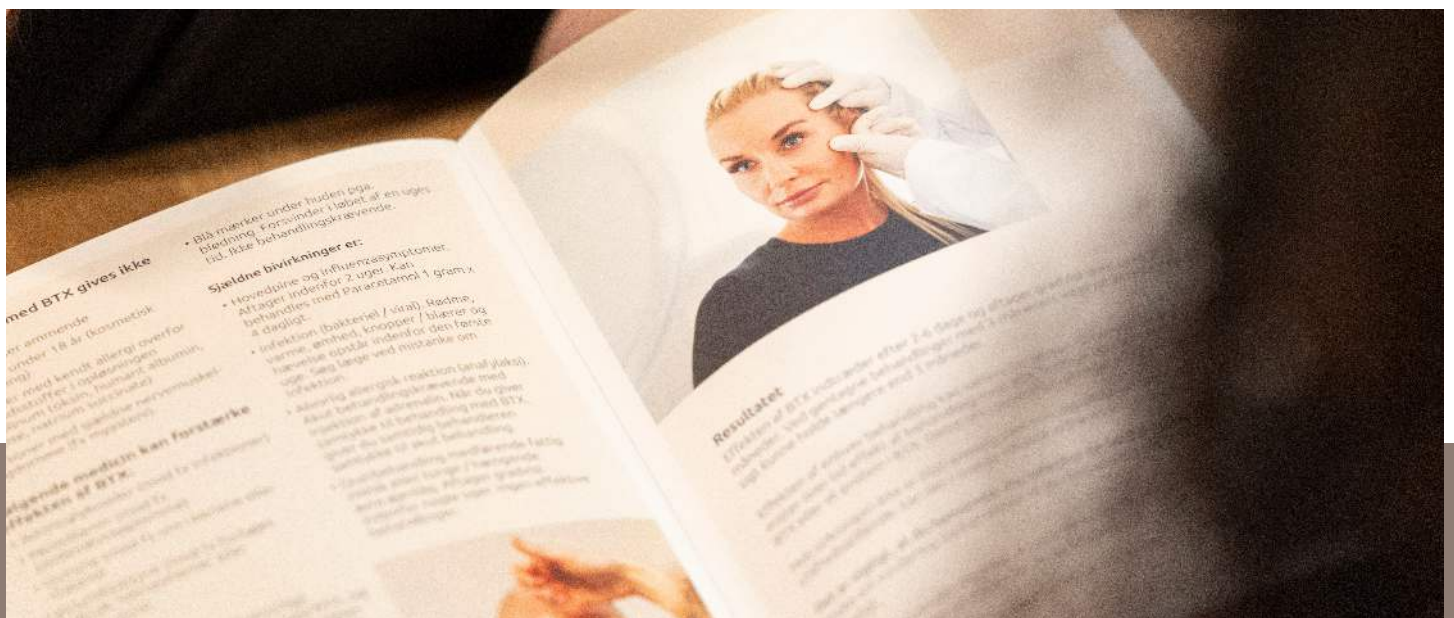
Common side effects:

- Discomfort during injection
- Tenderness, redness, and swelling (typically resolving within several days)
- Bruising due to minor bleeding (usually resolving gradually over 1–2 weeks)

Rare side effects:

- Bacterial infection (may require antibiotic treatment and, in some cases, removal of the filler)
- Viral infection (e.g., herpes simplex/cold sores) in the treated area
- Uneven distribution or overcorrection, which may be treated with massage or dissolution of the filler using hyaluronidase
- Delayed inflammatory or allergic reaction (redness, warmth, tenderness, and swelling around the filler), which may be treated with corticosteroids and/or hyaluronidase
- Granuloma formation (inflammatory nodules), which may require treatment with hyaluronidase, corticosteroids, or, rarely, surgical excision
- Post-inflammatory pigmentation changes, which typically improve over 1–3 months
- Unintentional injection of filler into a blood vessel, resulting in pain, skin discoloration, and/or skin rash. This may lead to skin ulceration and permanent scarring, and in extremely rare cases permanent vision loss. Both situations require immediate medical attention. If you experience sudden pain, skin discoloration, visual disturbance, or increasing swelling, contact the clinic immediately or seek urgent medical care.
- Severe allergic reaction (anaphylaxis), requiring emergency treatment

By consenting to treatment, you also consent to emergency treatment with hyaluronidase should this be deemed medically necessary.





RESULTS

The results of cosmetic treatments vary between individuals and cannot be guaranteed.

Treatment outcomes depend on biological factors, lifestyle, and the skin's individual healing response. Filler treatment does not replace surgery when surgical intervention is indicated.

The result depends on the condition of the skin, the type of filler used, the amount injected, and the treatment technique. An immediate improvement with increased volume in the treated area is often visible.

The final result should be assessed approximately 2 weeks after treatment, once swelling has subsided.

Longevity varies between individuals but is typically 6-12 months. Deeply placed filler may last longer than one year, whereas treatment of areas such as the lips often has a shorter duration.

Additional filler may be administered no sooner than 2 weeks after treatment if clinically indicated.

A follow-up assessment is recommended within 4 weeks after treatment, at which time the need for refinement or correction of asymmetry can be evaluated.

Any later corrections or requests for additional volume should be expected to incur additional charges.

Different treatment modalities can be combined during the same appointment, and such treatment plans are discussed during the consultation.

Questions and contact

Telephone: +45 70 20 70 66

Email: info@cutisclinic.dk

CONTACT INFORMATION

Email
info@cutisclinic.dk

Phone
+45 70 20 70 66

Website
www.cutisclinic.dk

CLINICS

Odense

Køge

København

REVISION OF PATIENT INFORMATION

Cutis Clinic ©

Version: 3.0

Medically responsible and prepared by:

Emil Mørk Henningsen, MD

Board-Certified Specialist in Dermatology

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This document will be reviewed no later than January 1, 2028, or earlier if required due to significant changes in clinical practice, treatment protocols, or applicable regulatory requirements.

