



Peachy Health Lifestyle Clinic

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Summary Information Sheet. Must be read prior to Signing the Consent Form

Your Doctor will discuss your treatment options risks and side effects, the following is a summary of the main points.

Summary Information Sheet

To be read prior to signing the Consent Form

Your doctor will discuss your treatment options, including expected benefits, risks and possible side effects. The following summary outlines the key points for your understanding.

Botulinum Toxin (Type A)

A reversible neuromodulator used to soften dynamic facial lines such as the glabella (frown lines), forehead lines and peri-orbital (crow's feet) wrinkles.

Contraindications

Botulinum toxin cannot be administered if you are:

- Pregnant or breastfeeding
- Diagnosed with neuromuscular disorders (e.g., Myasthenia Gravis, Eaton–Lambert Syndrome)
- Affected by blood coagulation disorders or taking anticoagulant medication

Dermal Fillers (Hyaluronic Acid and Collagen-Stimulating Fillers)

Contraindications

Dermal fillers should not be administered if you have:

- Autoimmune disease or poorly controlled diabetes
- A previous adverse reaction to dermal fillers
- Current use of aminoglycoside antibiotics, spectinomycin or muscle relaxants
- Active inflammatory or infectious skin lesions
- A known allergy or sensitivity to product components

Polynucleotides

Polynucleotides are bio-stimulating injectable treatments designed to improve skin hydration, elasticity and tissue repair. They promote fibroblast activity and enhance skin quality over time.

Potential Side Effects

- Redness, swelling or bruising at the injection site
- Mild tenderness or itching
- Temporary lumps or unevenness

- Rare delayed inflammatory reactions

Polynucleotides do not have a dissolving agent. Once administered, they gradually integrate into the tissue and cannot be reversed.

Potential Side Effects (General Across All Injectable Treatments)

- Bruising, swelling or redness at the injection site
- Headache or nausea
- Temporary numbness
- Eyelid or eyebrow ptosis (Botulinum toxin only)
- Allergic reactions
- Brief visual disturbances
- Rare vascular complications with dermal fillers, including tissue necrosis or blindness

Hyaluronic Acid Dermal Fillers

Possible side effects include bruising, irritation, eczema flare, haematoma, and delayed reactions such as granulomas or oedema. In rare cases, inadvertent injection into a blood vessel may cause serious complications.

If an acute complication occurs, your doctor may administer Hyalase (hyaluronidase) to dissolve the filler. This is only performed when clinically necessary. If the cosmetic result is unsatisfactory, Hyalase may also be used electively at a later date following discussion with your doctor.

Radiesse (Calcium Hydroxylapatite Filler)

Radiesse is a collagen-stimulating filler that typically takes around 6 weeks to reach full effect.

Side Effects

- Bruising and swelling
- Temporary lumps or firmness, which usually settle
- Rarely, persistent nodules requiring additional management

Radiesse cannot be dissolved. Once administered, it cannot be reversed. Please ensure you fully understand this before consenting to treatment.

Consent for Botox / Dermal Fillers / Polynucleotides

- All foreseeable risks of Botulinum toxin, dermal fillers and polynucleotides have been explained to me.
- My questions regarding the procedure, side effects and contraindications have been answered to my satisfaction.
- I have had adequate time to consider my decision.
- I understand that I may withdraw my consent at any time.
- I consent to the administration of Botox, dermal fillers and/or polynucleotides and have received appropriate after-care instructions.
- This consent also applies to future facial aesthetic treatments using these products.

Post-Treatment Instructions

Botulinum Toxin

- Remain upright for 2 hours
- Avoid chemical peels, sunbeds or laser treatments for 7 days
- Muscle-relaxing effects may begin after 3 days and take up to 10 days to fully develop

Dermal Fillers & Polynucleotides

- Maintain good moisturisation
- Apply cold compresses if needed
- Any skin reaction lasting more than 7 days should be reported to your doctor
- If you have concerns at any stage, please contact us for advice

For further information, refer to the product information sheet provided by your clinician.

Clinical Photography

We kindly request you take before-and-after photographs on your camera phone for your clinical record. Where we take or upload images, they are stored securely and never shared online.

GDPR – Data Protection Principles

- Personal data is processed fairly and lawfully
- Data is used only for specified and legitimate purposes
- We aim to maintain accurate and up-to-date records
- Data is retained only for as long as necessary
- All personal data is stored securely