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Peachy Health Lifestyle Clinic

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Summary Information Sheet

This document must be read prior to signing the Consent Form.

Your doctor will discuss your treatment options, risks and side effects in full. The following is a structured summary of the key points for **Botulinum Toxin, Hyaluronic Acid Dermal Fillers, Radiesse, and Polynucleotides.**

1. Botulinum Toxin (Type A)

A reversible neuromodulator used to soften dynamic lines of the **glabella, forehead, and peri-orbital (crow's feet)** region.

Contraindications

You **cannot** receive Botulinum Toxin if you are:

- Pregnant or breastfeeding
- Diagnosed with **neuromuscular disorders** (e.g., Myasthenia Gravis, Eaton–Lambert Syndrome)
- Experiencing **active infection** at the injection site
- Known to have a **hypersensitivity** to any component of the product

- Taking **aminoglycoside antibiotics** or medications that interfere with neuromuscular transmission
- Known to have **bleeding disorders** or are taking anticoagulants (relative contraindication; risk of bruising)

Potential Side Effects

- Bruising, swelling, redness at injection site
- Headache, nausea
- Temporary numbness or heaviness
- **Ptosis** (drooping of eyelid or eyebrow)
- Mild, brief visual disturbance
- Allergic reactions (rare)

Post-Treatment Instructions

- Remain upright for **2 hours**
- Avoid chemical peels, sunbeds, or laser treatments for **7 days**
- Muscle weakening begins at **3–5 days**, with full effect by **10–14 days**

2. Hyaluronic Acid Dermal Fillers

Used to restore volume, contour, and hydration.

Contraindications

- Autoimmune disease (relative; requires individual assessment)
- Uncontrolled diabetes
- Previous adverse reaction to dermal filler
- Current use of **aminoglycoside antibiotics**, spectinomycin, or muscle relaxants
- Active inflammatory skin lesions
- Known hypersensitivity to product components

Potential Side Effects

- Bruising, swelling, redness, irritation
- Eczema flare, haematoma
- Delayed reactions including **granulomas** and **oedema**
- **Vascular occlusion** (rare): may cause skin necrosis or, extremely rarely, blindness

Reversal

In the event of an acute complication, the doctor may administer **Hyalase** (hyaluronidase) to dissolve the filler. If results are unsatisfactory, Hyalase can also be used electively at a later date.

Post-Treatment Instructions

- Maintain good moisturisation
- Use cold compresses if needed
- Any reaction lasting more than **7 days** should be reported

3. Radiesse (Calcium Hydroxylapatite Filler)

A collagen-stimulating dermal filler providing structural support and long-term improvement.

Key Properties

- Stimulates collagen production
- Full response develops over **6 weeks**
- **Not reversible** – no dissolving agent exists

Potential Side Effects

- Bruising and swelling
- Temporary lumps or nodules (usually settle; rarely require intervention)
- Rare inflammatory reactions

Important Note

Because Radiesse cannot be dissolved, you must ensure you fully understand the treatment before consenting.

4. Polynucleotides (PN/PN-HPT)

Biostimulatory injectable treatments derived from ultra-purified DNA fragments. Used for **skin quality improvement, hydration, texture, fine lines, and tissue repair**.

Mechanism

- Stimulates fibroblast activity
- Improves extracellular matrix quality
- Enhances hydration and elasticity
- Supports tissue regeneration
- Suitable for peri-orbital rejuvenation, face, neck, and other areas

Contraindications

- Pregnancy or breastfeeding
- Active infection or inflammatory skin disease at the injection site
- Known hypersensitivity to product components (including fish-derived products if applicable to the brand used)
- Autoimmune disease (relative; requires clinical judgement)
- Recent dermal filler complications not yet resolved

Potential Side Effects

- Bruising, swelling, redness
- Mild tenderness or itching
- Small papules at injection sites (usually settle within 24–72 hours)
- Rare inflammatory reactions
- Very rare risk of infection

Treatment Course

- Typically delivered as a **series of 2–4 sessions**, spaced **2–4 weeks apart**
- Results build gradually over **6–12 weeks**

Post-Treatment Instructions

- Avoid makeup for 12 hours
- Avoid strenuous exercise, heat exposure, or alcohol for 24 hours
- Report any persistent swelling or redness beyond 72 hours

Consent for Botox / Dermal Filler / Radiesse / Polynucleotide Treatment

I confirm that:

- All foreseeable risks of **Botulinum Toxin, Hyaluronic Acid Dermal Fillers, Radiesse, 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 I may revoke consent at any time.
- I consent to the administration of the above treatments and have received after-care instructions.
- This consent also applies to future facial aesthetic treatments at Peachy Health unless withdrawn.

Photography

You are asked to provide **before and after photographs** for inclusion in your clinical record.

These images are **not shared online** and are stored securely in accordance with GDPR.

GDPR Statement

We adhere to the following principles:

- Personal data is processed fairly and lawfully
- Data is used only for specified and lawful purposes
- We aim to hold accurate and relevant data and keep it updated where practical
- Data is not kept longer than necessary
- All personal data is stored securely