

Hollow Cheeks

- Treatment requires the injection of gel filler into the cheeks to correct the loss of fat that occurs with ageing
- A series of small injections is performed to correct volume loss
- Local anaesthetic cream (eg, EMLA) can be used on the skin to provide comfort 60 minutes prior to the procedure
- An estimate of the amount of filler needed will be given at your consultation; more (or less) filler may eventually be needed immediately or after some weeks to give a good final result; commonly 1 – 3 ml is needed
- The filler will last 6 – 12 months, but is extremely variable; some will need extra filler added sooner
- Risks & side effects include
 - Swelling and redness – present in all to some degree
 - Bruising – not uncommon; do not take aspirin, fish oil, anti-inflammatories etc for 1 week prior to treatment
 - Lumpiness – common when swelling is present; persisting visible lumps may be massaged or dissolved with enzyme injections
- Less common side effects
 - Infection – increasing swelling, pain or redness occurring any time from 2 days to 1 month after the treatment
- Rare side effects
 - Allergy to product
 - Long term lumps
 - Ischaemia – the filler obstructing the blood supply to the area, eg, skin or eye