







Hyaluronic acid

-  **Duration of procedure: 30 minutes**
-  **Anesthesia: topical (cream) or local**
-  **Hospitalization : no**
-  **Results: immediate**
-  **Recovery : immediate (sometimes 1 to 2 days of moderate swelling)**
-  **1 ml 550 CHF, 2 ml 1000 CHF, 3 ml 1400 CHF, 4 ml 1800 CHF, 5 ml 2200 CHF**

Principle of hyaluronic acid

Hyaluronic acid is a substance naturally present in the body and therefore very well accepted and tolerated when it is injected (synthetic hyaluronic acid). It induces volume and improves the hydration and elasticity of the injected area.

Difference with Botox ® ?

Botox, by decreasing the muscle contraction signal, corrects the state of muscle hypercontraction responsible for wrinkles. The effect takes between 5 and 10 days to take effect.

Hyaluronic acid is a filler and thus allows the creation or restoration of volume. The effect is immediate.

There are different indications for hyaluronic acid.

- Creation of projection to harmonize: lips, cheekbones, chin, jawline, buttocks, nose
- Restoration of lost volumes: temples, forehead, dark circles, superficial wrinkles around the mouth and neck, "liquid" lifting, nasolabial folds
- Genital area: restoration of labia majora volumes, vaginal hydration, G-spot injection for sexual pleasure, penis to increase volume

It can be injected in variable areas as shown above. There is a whole range of hyaluronic acid, with different and specific density, hold and properties. For each area and each indication, there is a specific and adapted hyaluronic acid.

Dr. Lucas uses the brand Stylage® mainly, which is one of the reference brands worldwide, but for dark circles, in certain patients at risk of Tyndall effect, he uses Teosyal Redensity II ® and for rhinoplasty with hyaluronic acid, he uses Restylane Lift®.

Warning:

Only doctors, with a license and an insurance, can inject hyaluronic acid in Switzerland. Laboratories selling hyaluronic acid are only authorized to sell it to doctors with a license. There are many counterfeits that can endanger your body, some of which cannot be corrected by Hyaluronidase. In addition, an intra-vascular injection (into a vessel) can have dramatic consequences: necrosis, blindness.

Technique:

Topical anesthesia with cream or local anesthesia with Xylocaine on the entry point and filling with the cannula. The cannula is very often used by Dr. Lucas, because with its smooth, non-sharp tip, allows for a less painful injection with less hematoma.

Results:

Time to results: immediate

Longevity of results :

3 to 24 months depending on the product and on the patients (great variability). We note a greater resorption of hyaluronic acid in smokers.

Before the injection:

Inform Dr. Lucas of any anticoagulant medication (Sintrom, Coumadin, Eliquis, etc..) or Aspirin, special attention will be paid during the injections to avoid small vessels and prevent hematomas and for certain injections, a relay will be organized if medically possible

Take Arnica 5 capsules 5 times a day for 5 days before the operation if you are prone to hematoma

Contraindications: autoimmune diseases, pregnancy, breastfeeding, previous silicone injection on the same site

Intervention:

Pain: pain during the procedure is almost non-existent, with an adapted anesthesia

Duration of the procedure : 20 to 40 minutes

Anesthesia: local or topical

Location: office

Ambulatory: without hospitalization

After the procedure:

Post-injection pain: no

Social eviction: no (except if hematoma, which can be minimized with the use of a cannula and minimal swelling between 1 and 3 days depending on the patient)

Return to work: immediate

Return to sport: 48 hours

Avoid anti-inflammatory drugs and smoking for 48 hours.

Ice for 48 hours to reduce swelling.

Stop smoking to prolong the effect of the hyaluronic acid.

Massage areas the next day if you feel any irregularities or firm areas for 1 week.

Arnica capsules 5 capsules 5 times a day for 5 days after injection if hematoma.

Dr Lucas check-up at 2 weeks.

Complications common to all injections:

- Infection, hematoma, asymmetry, under-correction or over-correction
- Intravascular injection: necrosis, blindness

Quantity depends on each area:

- Dark circles 1 to 2 ml
- Cheekbones 1 to 2 ml
- Lips 1 ml
- Jawline 3 to 5 ml
- Rhinoplasty 1 ml
- Liquid facelift 3 to 8 ml

Dr Dominique Lucas

Chirurgien plasticien et esthétique FMH, EBOPRAS

Ancien Chef de Clinique universitaire CHUV

Membre FMH (Fédération médicale helvétique), KCCS (Korean Society of Cosmetic Surgery), ISAPS (International Society of Aesthetic Surgery), AMGE (association Médecins canton Genève)

DrLucasplasticsurgery@gmail.com

+41 77 992 95 97

Boulevard Helvétique 26, 1207 Genève

