

**5 things you
MUST know
prior to
undergoing
tear trough
filler.**



5 things you MUST Know before undergoing Filler in your Under-Eye Area

“I don’t want to look tired even when I’m not”

This is a common comment we hear when consulting patients at Contour Clinics. Under-eye filler is a popular treatment for those wanting to turn back the clock, look fresher and less tired, and brightening dark under eye circles.

However, tear trough fillers are not a suitable treatment option for everyone.

It is, however, a procedure that can be used to brighten and erase signs of fatigue for many.

With age, the fat compartments in the face drop, and the under-eye area separates from the cheek, giving a hollow appearance. Fillers can be used to create a smooth transition between the under-eye area and the upper cheek for a smoother, youthful appearance.

This ebook will tell you the secrets of under eye filler many other cosmetic clinics WON’T tell you.

Ensure you get the treatment option you need, rather than just the treatment option available at your local cosmetic clinic.

1. Are you a good candidate for under eye filler?

This is the MOST important consideration in getting the best aesthetic outcome for your under-eye region.

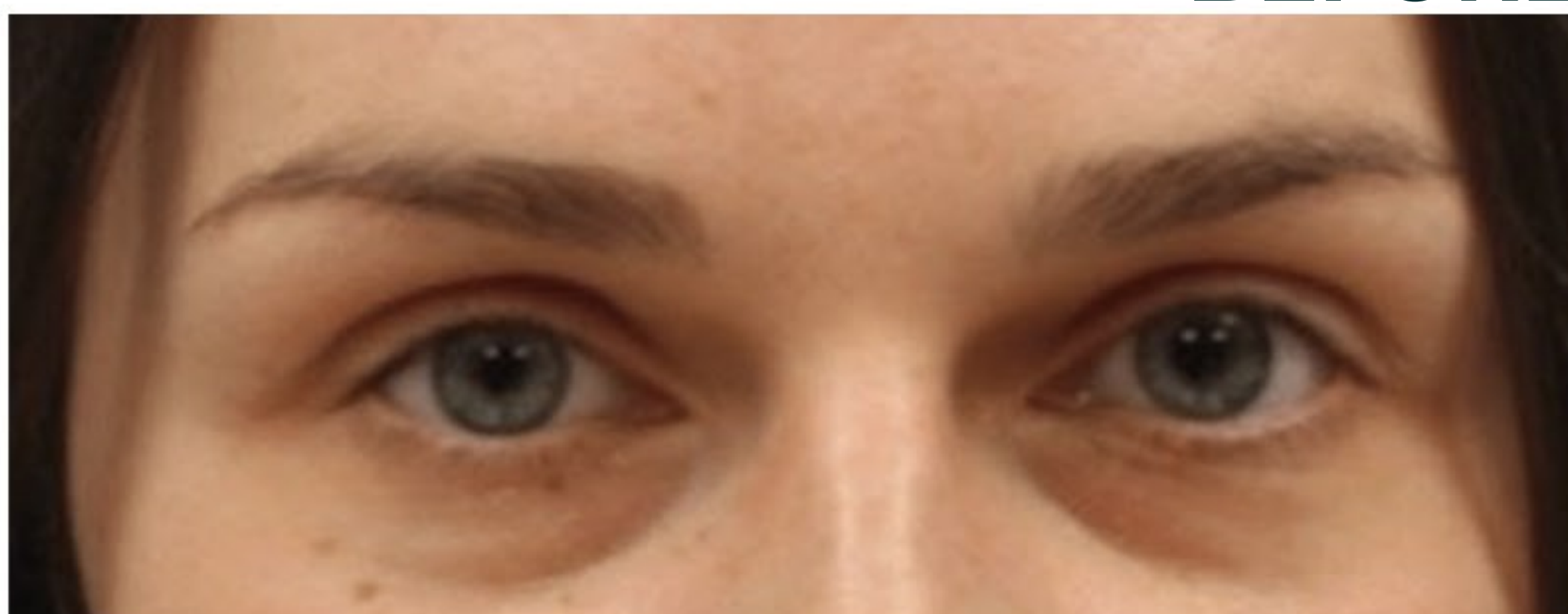
Tear trough fillers are not the best option for everyone.

Things that make you unsuitable include:

- 1) heavily wrinkled under eye skin
- 2) loose excessive under eye skin
- 3) heavy under eye bagging
- 4) Immunosuppression, allergy to filler, certain medical conditions which can be discussed during your consultation with our cosmetic physicians.

There are many treatment options available for these issues, which your cosmetic physician can discuss with you in person.

BEFORE



AFTER



There are two main reasons patients present to us for under eye filler.

1) Dark Circles

Dark circles can be caused by either pigmentation or thin under eye skin which allows visualisation of deeper structures such as veins and muscles creating a dark hue to the skin.

Pigmentation is best treated with under eye laser +/- platelet rich plasma therapy. This smooths pigment, strengthens under eye skin/deeper tissues, and brightens the around eye area. True pigmentation is generally not well responsive to filler treatment and tear trough fillers could make the discolouration more pronounced.

2) Under eye hollows

Under eye filler can deliver a lovely result in those with true under eye hollowing, minimising the tell-tale signs of ageing and volume loss by gentle volume correction. Unlike many other cosmetic clinics, we use an individualised approach to treatment, which often includes a combination of needle and cannula.



2. Which filler is Best for Under eyes?

Hyaluronic acid fillers are the safest, most aesthetically pleasing fillers to use in the tear trough region. They are soft, malleable and easily blend into the surrounding skin. Permanent filler is not recommended in this part of the face.

Only one type of filler is FDA and TGA approved for use under the eyes. Many other clinics WON'T tell you that the filler they are using is NOT approved for use in this area. Whilst it is still safe to use unapproved/off-label filler in this region, Contour Clinics prefer to stick to what is known, what has evidence, and what has TGA/FDA approval.

Due to government regulation we are unable to name the brand and type of filler. Email/Insta/Tiktok/Call us for more information on this filler.

Hyaluronic acid filler is REVERSIBLE. This provides peace of mind when undergoing this type of procedure, because if you don't like it we can reverse it on the spot.

Fillers composed of Hyaluronic acid have a natural plumping characteristic, which provides an immediate result, as well as promoting natural collagen production in the under-eye area.

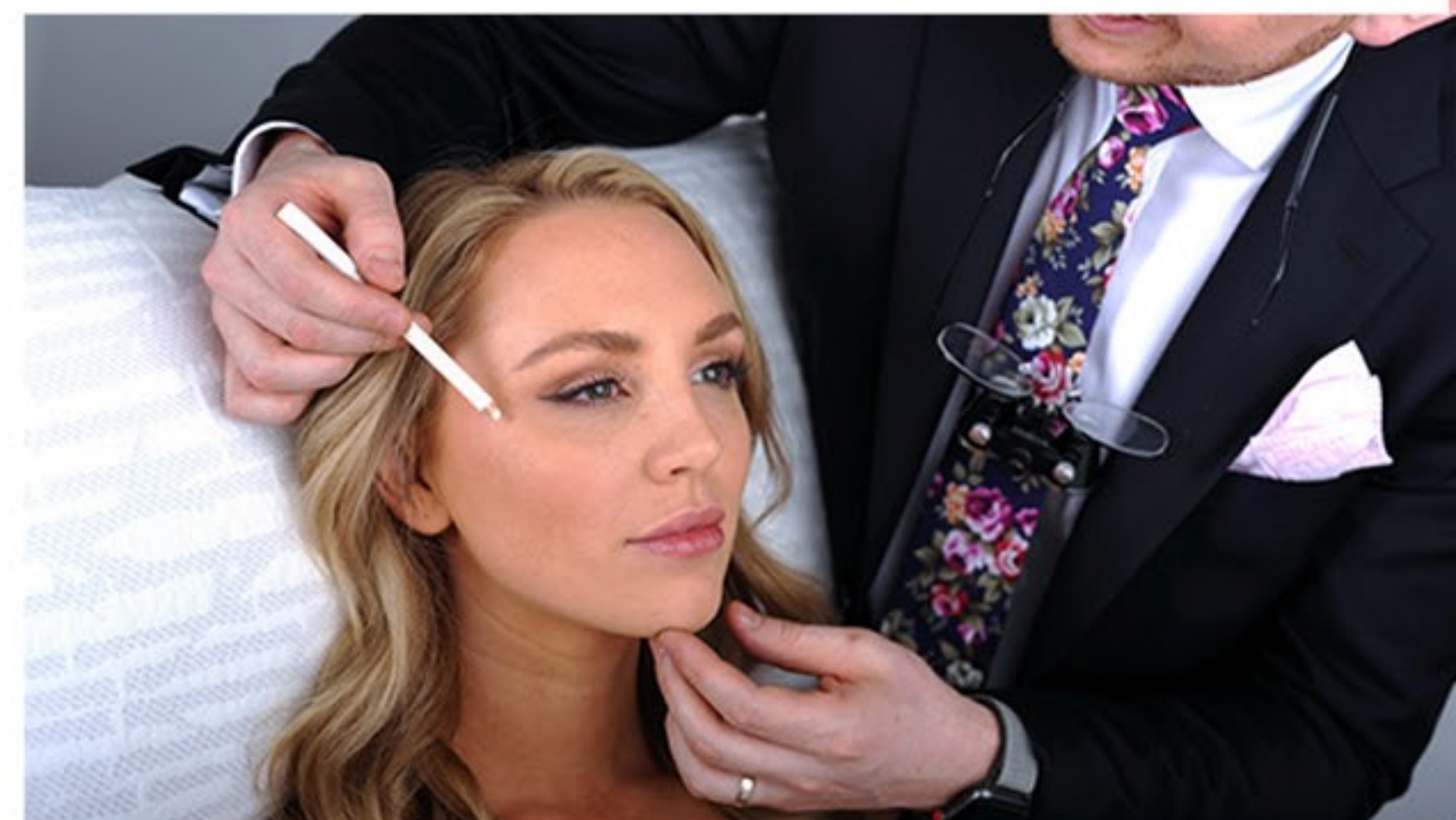
Tear trough filler can be also performed using fat-grafting, which is permanent, but the results are variable and are not reversible.



3. What are the risks?

The under-eye area can be the most challenging area to treat, but when performed by an experienced practitioner, the procedure is generally safe and effective.

Under-eye fillers are injected into the space immediately under the eye to provide volume and smoothing of the under-eye region. The fillers work to smooth out fine lines and wrinkles, plump and even out sunken areas, and reduce the appearance of puffiness.



As with any injectable, the commonest side effect is bruising. We minimise this by impeccable technique, outstanding knowledge of under eye vasculature, and the use of both, a fine needle and a blunt cannula depending on individual characteristics.

The protocol for tear trough treatment is to underfill, to allow for the binding of water to the filler in the following 2 to 4 weeks. Thus, only a filler with low water affinity is chosen by our practitioners, this significantly reduces the risk of under eye puffiness.

The Tyndall effect is a blue hue which appears when filler is injected too superficially in the skin. This is usually due to poor technique. This can be reversed by the use of under eye radiofrequency smoothing. In rare circumstances, under eye filler can be reversed to resolve this issue.

One very rare, but important complication to be aware of is a vascular occlusion, that needs to be recognised and treated as an emergency. Our practitioners will discuss this in a greater detail with you during your complimentary consultation.

4. Will it be painful?

The thought of having a needle used close to the eye will instil some fear into any “seasoned traveller”, but once this is overcome the procedure is relatively quick with minimal discomfort. Most people describe the sensation for under eye filler as strange, but not painful. The usual pain rating described by patients is 2/10.

Topical numbing cream is applied to the area 30 minutes prior the procedure to minimise discomfort. The treatment utilises canula, a blunt needle, to reduce tissue trauma, and a fine needle to administer the product to an exact spot.

There will be some post treatment redness and mild swelling with the chance of occasional bruising. Swelling usually settles within 2-5 days, and bruising resolves within one to two weeks, and can be covered easily with makeup after the procedure.



It is important to avoid blood thinners like aspirin, ibuprofen, other NSAIDS, Fish oil, and Gingko at least a week prior procedure to minimise the bruising. If you have a blood disorder or a heart condition, you need to check with your GP prior to stopping any of your prescribed medications.

5. How long does under eye filler last?

We use Hyaluronic acid fillers that are completely reversible. To treat this delicate area, we prefer using 1ml spread between both eyes for a subtle, yet perfectly aesthetic result.

Tear trough fillers last about 9-18 months. Some patients will rarely require a touch up one month after their initial treatment. We start SLOW, as to avoid overfilling the area during the first visit. Excessive filler placed on the first visit can cause puffiness and often produces an undesirable result.

Start slow. 90% of patients require only 1ml of filler. If you feel your result is less than expected it is easier to add more. If we place 2ml in the one setting, and the result is overfilled, we need to reverse the filler and start from scratch. This becomes expensive and lengthens your downtime.

Don't ever let anyone put 2ml under the eyes in one sitting!

