

Complications and risks in aesthetic surgery

General

Making changes to your face or body is not something you should do lightly; it is a well-considered decision and not a temporary whim. Our legislation therefore provides a legal reflection period of 14 days between the consultation and the execution of the treatment. Minors are required to have a written consent from their parents or guardians for the treatment.

What you should never forget is that there are risks associated with any aesthetic procedure and there is always a risk of complications. This principle applies to all surgeries and treatments in medicine. Fortunately, most complications are not serious and can be easily remedied, but it is important to be aware of them before agreeing to any procedure.

Giving guarantees about the result to be achieved is impossible, after all, it is always possible that you will not be satisfied with the result, despite the best efforts of your doctor. It is therefore important to be aware of this and to take it into account when deciding whether or not to undergo the procedure.

Local anesthesia

There is a risk of side effects and complications with all forms of anesthesia such as skin lesions, nerve damage, allergic reaction and in extremely rare cases even death from anaphylactic shock or cardiac arrhythmia.

Allergic reactions

Allergic reactions to aesthetic treatment are quite rare, but not non-existent and range from very mild to life-threatening.

Aesthetic treatments that involve the insertion of products into the body, such as filler or thread, can cause allergic reactions. You may also have an allergic reaction to the gel used in laser and HIFU treatments, for example. Disinfectant products and the adhesive of plasters, for example, can also cause allergy.

We try to minimize the risk of allergic reactions by asking in our questionnaire about known allergies that may cause a cross-allergy or that involve products used during our treatments. Do not forget to mention any known allergies on your consent form, as they can have a major impact on your treatment.

If you do develop an allergic reaction, it is important to report this immediately. We treat this with anti-histamines, possibly corticoids and in case of anaphylactic shock with Adrenaline.

With filler treatments, delayed onset allergy exists. This is a form of allergy that does not appear until months after the filler has been placed. It is usually accompanied by quite severe swelling and general unwellness. This type of allergic reaction can heal spontaneously, but it is usually opted to administer oral corticoids as they speed up the recovery process.

Bleeding and bruising

All procedures involving damage to the skin, by means of a needle, cannula, laser or punch, for example, can cause bleeding, which will subsequently form bruises. In the process, swelling may also occur and the skin may become discolored or thickened locally. In most cases, however, this is not permanent.

Asymmetry

The face and body are never exactly symmetrical. Even after an aesthetic treatment this will not be the case. In addition, swelling can also cause asymmetry, albeit temporarily.

Pain

Depending on the treatment you may have pain during and/or after the treatment. Normally this pain can be easily relieved with simple painkillers, such as Paracetamol. If this is not the case, it may indicate a complication and you should immediately contact Cosmedics or Doctor Nancy Anthone.

Swelling/fluid

Swelling after aesthetic treatment is usually normal and can be very discreet or very pronounced. Depending on the procedure and your personal healing pattern, this may last from a few days to weeks.

Lumps, bumps and pits

Lumps and bumps may be temporary due to swelling.

However, they can also be due to granuloma formation with certain types of filler, this is a special form of allergy. Granulomas usually need to be removed surgically.

Too thick filler in places where it is quite superficial such as under the eyelids or in the lips can also cause bumps due to accumulation of the filler under the skin. Misplaced filler can be dissolved with the help of Hyaluronidase, an enzyme that breaks down the filler.

Filling with one's own fat tissue can cause hardening in the injected fat tissue over time, resulting in lumps.

With thread placement, the skin may look very uneven with pits and bumps. This may be temporary due to skin tightening in the case of lifting. However, it can also be the result of an incorrectly placed thread. In the latter case, this will rarely disappear spontaneously and must be intervened with removal of the wire if necessary.

After FUE procedures, bumps and pits can occur temporarily, in both the donor and recipient areas. This is usually due to the healing process, but can also be due to too deep or too shallow placement of the hairs. Sometimes the irregularities persist and possible intervention must be considered to resolve this problem.

After an Onda Coolwaves treatment, the treated area may show temporary painful lumps. These resolve spontaneously over the course of weeks. For the pain, Paracetamol or another mild painkiller can be taken. If this is not sufficient, it is best to consult our doctor immediately, as this can also indicate a possible infection.

Vascular embolism and necrosis

When filler or fat is injected into a blood vessel, it can occlude the blood vessel and also migrate through the bloodstream to more distant areas. A closed blood vessel causes death of the tissue that is supplied with oxygen by that blood vessel. This can lead to blindness and a CVA in very rare cases. If only local tissue dies it causes severe pain, discoloration of the skin, pimples and wounds.

As a doctor, you try to prevent this serious complication through extensive knowledge of the anatomy and danger zones. Moreover, in our clinic we choose to use cannulas to reduce the risk of vascular injection.

If this should occur with a hyaluronic acid filler, we immediately switch to an appropriate treatment with Hyaluronidase, Heparin, corticoids and antibiotics. If swift action is taken this can normally be repaired without residual damage.

With fat embolism, the risk is much greater as we do not have an enzyme that can dissolve the injected fat.

Scars

All wounds, including those resulting from aesthetic treatments, can cause scars and scars take over 18 months to heal completely. During this recovery period, they may show redness, lumps and irregularities.

Scarring can negatively affect the final result, sometimes requiring treatments such as silicone patches or injections of anti-inflammatory drugs (corticosteroids).

Wound opening

A cut can always reopen. Usually it will close again spontaneously. Sometimes, however, it may need to be stitched again.

Infection

Every wound, for example a puncture wound with a needle, a cut with a scalpel or even skin damage caused by a laser, has a risk of infection.

The chance of this happening is usually small, since we work aseptically and sterile in our institute and we usually use single-use material.

However, it is equally important to correctly carry out the instructions that will be explained to you for post-operative treatment at the end of the procedure, as these are also intended to prevent infections.

In the event that an infection does occur, the treatment can consist of prescribing antibiotics locally or by mouth. Severe pain, fever or a general feeling of sickness may indicate a serious wound infection. If you experience these symptoms it is best to contact Cosmedics or Doctor Nancy Anthone immediately.

Cold sores

All treatments in the area of the mouth, whether filler or laser treatments for example, can trigger an outbreak of cold sores in people who are sensitive to this. If you mention this in your consent form, our doctor can prescribe appropriate preventive therapy with Acyclovir for this.

Sensory changes

Certain parts of the body can be less sensitive or more sensitive after aesthetic treatment. This usually recovers spontaneously within a few weeks to months, but it can also be permanent.

There may be numbness in areas with scarring, this may be temporary or permanent.

In very rare cases, a nerve can be permanently damaged with permanent sensory disturbances.

If you are experiencing sensation disorders, it is best to contact Cosmedics or Doctor Nancy Anthone to find out if you need any additional treatment, such as taking Vit B12 or other medications.

Undesired effects

Treatment with muscle relaxant medication can sometimes cause an effect that was not intended. For example, drooping of the eyebrows, drooping of the eyelids, drooping of the corners of the mouth, drooling, no longer being able to blow the lips, Spock eyebrows, etc. Fortunately, these are temporary symptoms and resolve spontaneously. Sometimes medication can be administered to speed up this process.

Filler and thread can migrate in rare cases, creating volumes in places where they are not needed and removing volume where it was needed.

The result after filling with your own fat can disappear up to 25% in the weeks after the procedure, due to death of the injected fat. In our clinic we try to prevent this by injecting PRP in addition to the fat, which positively influences the survival rate of the fat. However, a second procedure or post-treatment with filler may still be necessary to achieve the desired result.

After laser treatment, there is always a small risk of temporary or permanent redness or brown or white discoloration of the skin at the site of the treated area. There is also always a small risk of burns and scarring.

Dissatisfied with the result

There is never a guarantee of a (lasting) good result in medicine, including aesthetic medicine. There is always a chance that the results of the procedure are disappointing and not what you had hoped for. Sometimes unexpected complications occur that negatively affect the results. And in some cases, optimal results cannot be obtained with a single procedure. It may be necessary to perform additional treatments, and/or repair procedures to improve the results obtained and still achieve the intended end result. However, this may come with additional costs.

Psychological disorders

It is important that all patients undergoing non-emergency medical procedures have realistic expectations aimed at improvement rather than perfection. Complications or less-than-perfect results are sometimes unavoidable, sometimes require additional treatment, and are often experienced as stressful. Therefore, we ask that you openly discuss any emotional or psychological disturbances with the treating physician before a procedure. Although many people benefit psychologically from the results of aesthetic treatment, the effects on your mental health cannot be predicted.

Medications

It is important to inform the doctor in advance about the use of medications, especially blood thinners.

Diabetes

People with diabetes are more likely to have wound healing problems or infections. Having and maintaining good control of glucose levels before and after the procedures is important to minimize the risk of complications.

Smoking and secondhand smoke

If you smoke, you have a greater risk of complications. We therefore recommend that you stop smoking at least 6 weeks before your procedure and that you do not smoke afterwards. Patients who smoke or use tobacco products or nicotine products (such as nicotine patches and chewing gum) at the time of treatment have an increased risk of complications such as skin breakdown and impaired wound healing. People exposed to secondhand smoke may also be at increased risk for similar complications. People without exposure to tobacco smoke or nicotine-containing products have a significantly lower risk of such complications.

Complications of aesthetic treatments can usually be easily remedied. Very exceptionally, permanent aesthetic damage, permanent functional damage, or death are possible.