

Questions to Ask Before Administering Hyaluronic Acid Dermal Fillers¹

According to the publication about a **10-point plan for avoiding hyaluronic acid dermal filler–related complications** by Heydenrych et al, asking the following questions can help determine if your patient is at risk.¹

 **Remember:** Appropriate patient selection can help minimize complications.

Patient name

Date

Treating healthcare professional

Ask your patient:

- | | YES | NO |
|---|-----------------------|-----------------------|
| 1. Do you have an active inflammatory process (skin eruptions such as cysts, pimples, rashes, or hives)? | <input type="radio"/> | <input type="radio"/> |
| 2. Have you recently had an infection of any kind (eg, sinus, urinary tract)? | <input type="radio"/> | <input type="radio"/> |
| 3. Have you recently had the flu or other viral illness ? | <input type="radio"/> | <input type="radio"/> |
| 4. Do you have a history of oral herpes ? | <input type="radio"/> | <input type="radio"/> |
| 5. Do you have any active autoimmune diseases (eg, lupus, rheumatoid arthritis)? | <input type="radio"/> | <input type="radio"/> |
| 6. Do you have any allergies ? | <input type="radio"/> | <input type="radio"/> |
| 7. Have you had surgical or nonsurgical cosmetic procedures before?
(Note: Past procedures may lead to scarring of underlying vasculature.) | <input type="radio"/> | <input type="radio"/> |

Continued on reverse side.

Ask your patient (continued):

- | | YES | NO |
|---|-----------------------|-----------------------|
| 8. Have you had any dental procedures or visits to the oral hygienist in the past month?
Do you have any planned in the next month? | <input type="radio"/> | <input type="radio"/> |
| <hr/> | | |
| 9. Have you had any medical procedures or immunizations in the past month?
Do you have any planned in the next month? | <input type="radio"/> | <input type="radio"/> |
| <hr/> | | |
| 10. Are you taking any blood thinners (eg, aspirin, nonsteroidal anti-inflammatory drugs, and warfarin), or do you consume blood-thinning products (eg, salmon oil, vitamin E, ginkgo biloba, red wine, dark chocolate, grapefruit)? | <input type="radio"/> | <input type="radio"/> |

Look and listen during assessment

- Do you see any active inflammatory skin conditions, such as acne, rosacea, or dermatitis?
- Is the patient exhibiting any cold or flu-like symptoms?
- In conversation, does the patient mention any previous cosmetic procedures, any upcoming medical or dental appointments, or any recent health issues? Examples: “The last time I got fillers, I...” or “I’m getting my teeth whitened next week” or “I just got over a sinus infection”

After assessing these risk factors, use clinical experience and judgment to determine appropriate treatment. Additionally, consider the 10-point plan guidelines in Heydenrych’s publication prior to consenting to treatment with your patient.

 **Remember:** Use this form for every patient visit.

Additional notes

Reference: 1. Heydenrych I, Kapoor KM, De Boule K, et al. A 10-point plan for avoiding hyaluronic acid dermal filler–related complications during facial aesthetic procedures and algorithms for management. *Clin Cosmet Investig Dermatol.* 2018;11:603-611.