

## Filler Injections

Many visible signs of aging are due to volume loss. As facial tissues thin out, lines become fixed around the nose and mouth, and the cheeks look a little hollow. Dermal fillers are gel-like substances that are injected beneath the skin to restore lost volume, smooth lines and soften creases and restore a more youthful appearance. More than 1 million men and women annually choose this treatment, which can be a cost-effective way to look younger without surgery or downtime

### **Here are a few of the common issues dermal fillers can help address:**

- Smooth out lines around nose and mouth (aka marionette lines, smile lines, and parentheses)
- Enhance & restore volume to sunken cheeks or temples
- Diminish vertical lip lines
- Plump & enhance the lips
- Smooth out a chin crease
- Treat hollow areas and improve dark circles under eyes
- Improve symmetry among facial features, or enhance facial contours
- Restore volume and smoothness to back of hands

### **Before the treatment session**

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Fish oil, Ginko Biloba, and high doses of vitamin E for 7-10 days before the procedure, as these may cause increase risk of bleeding and bruising at the treated site(s)
- Regular multi-vitamin and Paracetamol is permitted (If not contraindicated)
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s)
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated
- Come with face clean to the appointment (ie no makeup)
- Take two Paracetamol tablets (if not contraindicated) 1 hour prior to your appointment to help with any discomfort you may have, if you have concerns about discomfort
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor one week prior to your appointment; this will allow us adequate time to prescribe anti-viral medication
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Bruising and swelling may be apparent in that time period
- Sunburn skin is difficult to treat so avoid exposure to the sun
- Eat a small meal or a snack before your appointment. This will decrease the chances of lightheadedness during your treatment
- Always inform your doctor of medical history& all medications, including supplements you may be taking
- If you are taking prescription blood thinners such as Warfarin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done
- Avoid dental procedures (including cleaning) 2 weeks before and 2 weeks after filler injections
- If you use creams with Vitamin A (Retin-A, Differin, Acretin, SureCure ) → Discontinue 2 days before and 2 days after treatment
- You are not a candidate if you are pregnant or breastfeeding
- Some people may need more than one injection to achieve the desired effect

### **After the filler injection session**

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness after the injections. These usually subside within 1-2 days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact us
  - You may take 2 Paracetamol tablets (if not contraindicated) for pain relief every 6 hours after the treatment
  - Avoid excessive touching or massaging the treated areas for about 6 hours after the injections
  - Try to sleep face up and slightly elevated if you experience swelling
  - The treated areas can be washed with a gentle soap or cleanser
  - Cold compresses may be used for 15 minutes each hour after the treatment to reduce swelling and decrease soreness
  - To help with swelling and bruising you may use arnica (cream or gel), along with aloe, vitamin E
  - Make-up may be applied a few hours after the treatment, if no complications are present, such as open wounds, bleeding or infection
  - In the first 24 hours following treatment, limit exposure to sunlight or UV lamps
  - Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If there is persistent swelling or redness after the injections, you should limit exposure to sunlight for at least 5-7 days. If sun exposure is unavoidable, use a sunblock with an SPF of 30 or greater
  - Patients should avoid heavy exercise for 48 hours to prevent moving the filler or increasing blood flow to the face
  - Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Fish oil, Ginko Biloba, and high doses of vitamin E for 5 days after the procedure, as these may cause increase risk of bleeding and bruising at the treated site(s)
  - Avoid dental procedure (including cleaning) 2 weeks after filler
  - Your satisfaction is important to us! We would like you to return to the office in about 2 weeks to see whether a touch-up is necessary. If more injections are necessary, there will be additional charges at the regular rate
  - Remember your sunscreen daily
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your dermatologist about recommendations for touch-up or follow-up treatments
- The effect lasts for about six months or longer, depending on the filler used, the area treated, and some variations between people