



DERMAL FILLERS PRE & POST CARE PATIENT INSTRUCTIONS

What Are Dermal Fillers?

Various types of fillers have been used for aesthetic purposes for decades. Going all the way back to collagen, which had many issues with short duration of positive effect and allergic reactions, the goal has been to enhance various facial features and/or correct signs of aging with safe and effective products, which are considered implants. Hyaluronic acid has come to the forefront as the, by far, most used filler, and within the various products available from 2 major manufacturers there are several different thicknesses, or degrees of crosslinking, of hyaluronic acid to provide thicker products utilized for volume enhancement, such as the cheek area, all the way down to thinner products for superficial enhancement, particularly of the lips.

Picking out which filler is best for your concern is the most important part of the consultation. Depending on the filler and its placement, the duration of action will be from 6 months to 2 years typically with the body slowly breaking down the product. Hyaluronic acid is something that your body naturally produces and "turns over" as part of normal physiology. Complications are very limited with this product and typically limited to minor bruising or swelling. If need be, there is a reversal agent for the filler called hyaluronidase, but this is very seldom needed. Typically, this procedure can be done the same day of your consultation with a topical anesthetic and routine follow-up 2 weeks later.

Pre-Treatment Instructions:

- Dermal fillers must not be administered if you have had any vaccines, immunizations, procedures, illnesses, or dental work in the past two weeks and for an additional two weeks after fillers.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any of the ingredients, suffer from any neurological or autoimmune disorders, are experiencing any cold or flu-like symptoms, or have any active inflammatory processes (cysts, pimples, rashes, hives).
- For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medication such as aspirin and ibuprofen. Also avoid herbal supplements such as garlic, vitamin E, ginkgo biloba, St. John's Wort and omega-3 capsules. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin. Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.
- Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment. (Valtrex 500 mg BID, 5 days, start 2 days prior to treatment)
- Avoid topical products such as Tretinoin (Retin-A) retinols, retinoids, glycolic acid, alpha hydroxy acid, or any "anti-aging" products for two days before and after treatment.

Post-Treatment Instructions:

- Avoid significant movement or massage of the treated area unless instructed by provider.
- Avoid strenuous exercise or anything that increases your heart rate for 24 hours.
- Avoid extensive sun or heat for 72 hours (no sauna, hot tub).
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- You may apply a cool compress or ice pack for 15 minutes each hour while awake to reduce swelling.
- Use Tylenol (acetaminophen) for discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.
- Try to sleep face up and slightly elevated if you experience swelling.
- You may want to consider taking Arnica (found in health food stores) to help with the bruising and swelling.
- Avoid wearing makeup the day of procedure.
- Sanitize your phone before putting it to your face and try to talk on speaker phone as much as you can day of.
- Wait a minimum of two weeks before dental work, immunizations, or laser treatments.

Dermal fillers last, on average, 6-12 months with some lasting 24 months. It is recommended at the time of your treatment to schedule your next appointment to maximize your benefit. Typically, this is best done two weeks post-treatment. The most typical side effects are bruising, swelling, and redness. These are temporary and will resolve. However, please call the office at 865-671-3888 to notify us if you experience any additional side effects.