



DERMA FILLER INJECTIONS

DESCRIPTION OF TREATMENT

Dermal fillers are gel-like substances injected under the skin. Dermal fillers are meant to create a smoother or fuller appearance, or both. The FDA regulates dermal fillers as medical devices. As reported in clinical trials, the effects of most FDA-approved dermal fillers are temporary because they are made from materials that the body eventually breaks down and absorbs. The injection procedure may have to be repeated to maintain the desired effect.

CONTRAINDICATIONS/PRECAUTIONS BEFORE PROCEDURE

- Keloidal scarring.
- Pregnancy.
- Breastfeeding.
- Amyotrophic lateralizing sclerosis myopathies.
- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Ginko Biloba, St. John's Wort and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s)
- If you are taking prescription blood thinners such as Coumadin 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.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor that you have made your appointment with, one week prior to your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Avoid dental procedures (including cleaning) 2 weeks pre filler and 2 weeks post filler

- Come to your appointment with a clean face. ****This means NO MAKEUP or MOISTURIZER****
- Bruising and swelling will be worse for the first 24-48 hours after you receive your dermal filler injections. Refrain from exercising for the remainder of the day following your injection(s). You may want to refrain from going to any special events during this time.

PROCEDURE

The average Derma Filler treatment takes around 15 minutes

1. This product is administered via syringe, or injection, into the areas of the face sought to be filled with dermal filler to eliminate or reduce the wrinkles and folds.
2. An anesthesia, numbing medicine used to reduce the discomfort of the injection, may or may not be used.
3. The treatment site(s) is washed first with an antiseptic (cleansing) solution.
4. Dermal fillers are to be injected under your skin into the tissue of your face using a thin gauge needle.
5. The depth of the injections will depend on the depth of the wrinkles and their location.
6. Multiple injections may be made depending on the site, depth of the wrinkle and technique used.
7. Following each injection, the injector should gently massage the correction site to conform to the contour of the surrounding tissues.
8. If the treated area is swollen directly after the injection, ice may be applied on the site for a short period.
9. After the first treatment, additional treatments may be necessary to achieve the desired level of correction.
10. Periodic touch-up injections help sustain the desired level of correction.

Pain is minimum and tolerance will vary from patient to patient

AFTERCARE PROCEDURE

- Swelling, redness, firmness, itching and tenderness may be present for up to two weeks. Use of cool packs may be used as needed.
- Sleep with your head elevated to reduce the amount of swelling.
- Do not massage or put pressure on the treated area, unless instructed by injector.

- Wait 4 hours to apply cosmetics, moisturizer or any lotions on the area.
- Avoid direct sunlight or extreme cold weather until initial swelling and/or redness has subsided.
- Do not do heavy aerobic exercise, or do anything to raise your core body temperature or blood pressure for 24 hours.
- The results will be immediate, but its best effects are noted after swelling has resolved.
- Motrin or Advil (Ibuprofen), or Tylenol (Acetaminophen) may be used as directed on the bottle, for any discomfort after injection.
- Benadryl 25-50mg, per directions on bottle, may be used for itching. Benadryl can make you sleepy. Do not drive or perform any activities accordingly.
- The use of Arnica Montana (available at health food stores), may help with bruising. It is available topically, as well as orally. Follow bottle directions.
- Lumps, bumps or irregular, asymmetrical areas may be noted, especially once swelling has subsided. It is normal to feel these lumps and bumps, however they should not be visible.
- Any severe swelling, itching, redness, increasing discomfort or discharge from treated area should be reported to the office.
- Periodic touch-ups will help sustain the desired level of correction.
- It can take up to TWO weeks for swelling and any bruising to subside. If additional filler is desired in an area of previous treatment, your provider may ask you to wait until the 2 weeks has passed.