

## Filler Patient Information

- We use FDA approved, safe and natural cosmetic dermal fillers that restore volume and fullness to the skin. They are made of hyaluronic acid which is a natural substance found in the skin. It is present in abundance in youthful skin and declines with aging. The molecule provides both hydration and volume. It is used to correct moderate to severe facial wrinkles and folds as well as to enhance the appearance and to provide fullness to the lips.
- Fillers are injected directly into the skin in tiny amounts with an ultrafine needle. To ensure your comfort during the short procedure, your medical practitioner may anesthetize the treatment area using a local or topical.
- The results are instantaneous. The most common side effects are temporary redness and swelling at the injection site. These typically resolve within two to three days.
- Since fillers are a temporary treatment, the results will eventually wear off and the filler will need to be injected again. The average treatment results last four to twelve months, depending on the filler, or even longer, but every client is different due to their unique facial structure.
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect.

## Filler Pre-Treatment Instructions

- **Avoid taking aspirin, non-steroidal anti-inflammatory medications (ibuprofen, Motrin®, Aleve®), St. John's Wort, and vitamin E supplements** for five days prior to treatment to reduce the risk of bruising and bleeding at the injection site.
- **Avoid alcohol** 24 hours before treatment. This will also reduce the risk of bruising and bleeding.
- This procedure will result in excessive swelling and perhaps mild bruising at the injection site, which will last one to two days. You might consider arranging your work and social calendar so that you do not have any events for two days after the procedure.
- Please notify your medical practitioner if you have a history of cold sores so they can provide you with an antiviral medication to prevent an outbreak.