



Dermal Filler Pre-Appointment Instructions

Various types of fillers have been used for aesthetic purposes for decades. Hyaluronic acid, a naturally occurring substance in your body, 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 type of dermal 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.
- Do not wear makeup or other facial products to your appointment, if at all possible.