

## **DERMAL FILLER TREATMENT GUIDELINES**

**By Shaun Patel, M.D.**

Dermal fillers are minimally invasive, nonsurgical, cosmetic treatments used to soften facial lines and wrinkles, define and augment the lips, correct facial asymmetries, improve facial proportions and correct age related volume loss. Fillers are the ideal treatment for achieving a fuller, more youthful appearing face.

Dr. Patel offers the following FDA approved fillers:

- Juvederm Ultra
- Juvederm UltraPlus
- Voluma
- Restylane Silk
- Restylane
- Restylane Lyft
- Belotero
- Radiesse
- Sculptra

### **IMPORTANT PRE-TREATMENT INSTRUCTIONS FOR DERMAL FILLERS:**

1. Avoid wearing makeup to your appointment.
2. To reduce the chance of bruising, avoid blood thinners such as those listed below for 2 weeks prior to your treatment. Importantly, do not stop any prescription blood thinners or other medications (even Aspirin) if prescribed by a doctor.

- Fish oil
- Aspirin
- Pain relievers such as Advil, Motrin, Ibuprofen, and Aleve
- Coumadin (get prescribing physician approval first)
- Vitamin E
- Ginger
- Ginkgo biloba
- Other herbal supplements known to increase risk of bruising

3. If you have ever had a cold sore, please call our office and Dr. Patel will write you a prescription for Valtrex to help prevent cold sore recurrence from your treatment.
4. Drink water and eat something prior to your appointment.
5. Do not plan any dental procedures 3 weeks prior to and 3 weeks after your injectable treatment.

### **POST TREATMENT INSTRUCTIONS FOR FILLERS:**

1. Do not consume alcohol for 24 hours after your treatment.
2. Avoid exercise or any other activities (sauna, hot tub, etc) that may make your face red/flush for 24 hours after your treatment.
3. Do not apply make up for 1 hour after your treatment.
4. Do not rub or massage the treated area for 24 hours unless instructed to do so. (Sculptra patients will be asked to massage the treatment sites after injection.)

## **SIDE EFFECTS FROM DERMAL FILLERS:**

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a week after treatment.

Here are the 4 most common side effects.

**Swelling:** Usually the worst swelling is seen the first morning after treatment. It usually resolves after a few days but this may take up to a week. You can minimize swelling by doing the following.

- Apply cold compresses to the treatment area for 10 minutes every hour.
- Use as many pillows as you can tolerate to keep your head elevated while sleeping on the first night after the treatment.
- Take Arnica Montana and/or Bromelain supplements.

**Redness:** The treatment sites will be red immediately after the treatment and makeup can be applied 1 hour after the treatment to minimize the appearance of this redness.

**Bruising:** Bruising is possible with any injectable treatment including dermal fillers. The bruising will resolve as all bruises do. It may take 7-10 days for the bruising to resolve completely. Dr. Patel offers all of his filler patients complementary laser bruise treatments to help expedite resolution of the bruising.

**Tenderness/pain:** You may take Tylenol or Advil after the procedure to help with any pain.

## **FREQUENTLY ASKED QUESTIONS ABOUT FILLERS:**

### **How do dermal fillers work?**

Most fillers such as Juvederm and Restylane are made of hyaluronic acid, a normal component of our skin. These fillers work by adding volume to facial tissue. Radiesse is made of calcium hydroxyapatite and Sculptra is made of PLLA. Both Radiesse and Sculptra are biostimulatory fillers, meaning they stimulate your body to produce its own collagen.

### **How many treatments are recommended for optimal results?**

This depends on your particular needs. Your face tells the doctor how much filler is required. The more severe the volume loss, the more filler will be required. Treatments are often spread out over multiple sessions. Once the desired result is achieved, Dr. Patel usually sees patients every 9-12 months for maintenance of results.

**How long does the results from fillers last?**

Restylane Silk – 3-6 months

Belotero – 6 months

Juvederm Ultra, Restylane – 9 months

Juvederm UltraPlus, Radiesse – 12 months

Voluma – 12-24 months

Sculptra – 24 + months

**How much social downtime is required?**

You may have swelling and redness for a few hours following the procedure, but can go back to work as soon as you feel comfortable with the way you look.

**Does filler treatment hurt?**

Topical anesthesia is applied before the procedure to minimize discomfort. Most of the fillers we use are premixed with lidocaine to further ensure comfort.

**What side effects can I expect and how long will they last?**

As with most injectables, common side effects are, pain/tenderness, redness, swelling, and bruising. These are normal side effects from the result of an injection. The majority of these resolve without treatment, within a few days.

**When will I start seeing results?**

Immediately after treatment, you will have some swelling giving your face a more volumized appearance. However, within a few days this swelling will go down, and you should be able to see your full results. With Sculptra, the results are more gradual and continue to improve over time (usually 4-6 weeks).

If you have any additional questions or concerns, please do not hesitate to call our office.