

DERMAL FILLERS

Injectable Anti-aging Medicine

Dermal fillers, also referred to as wrinkle fillers are injected beneath the skin to improve the skin's appearance. These fillers can:

- *Restore volume that is lost due to age
- *Diminish lines and creases in the skin
- *Enhance the contours and definition of the face
- *Give the skin a youthful appearance

Cost:

- \$625 per 1ml



HYALURONIC ACID

Restylane and Juvéderm Products-

Many dermal fillers use hyaluronic acid as one of the main ingredients. These fillers are usually in a gel form and are soft. Hyaluronic acid occurs naturally and is found in the skin and other tissues. It has the unique ability to attract and hold moisture. One molecule of hyaluronic acid can hold up to one thousand times its weight in water, making it a super-hydrating substance. All of this retained moisture makes the skin in injected areas look hydrated, plump, and younger than it did before treatment. These fillers give temporary results that typically last around six to eighteen months. Since it's a natural substance, the body eventually absorbs the hyaluronic acid and new filler procedures are needed. Hyaluronic acid fillers usually contain lidocaine, making this procedure fairly painless. Lidocaine is a local anesthetic that minimizes pain and discomfort both during the treatment and after. A special compounded numbing aging is also applied to lips and around lips for extra comfort prior to treatment.

PRE-TREATMENT

- Do not bleach, wax, tweeze or use depilatory creams near the area for 3 days prior to treatment.
- Discontinue use of retinoids (Retin A, Tazorac, Differin, etc.) 1 to 2 days prior to treatment.
- Discontinue use of all 10% or higher alpha hydroxy acids, exfoliants, etc. for 3 days prior to treatment.

- If you have a history of perioral herpes, begin prophylactic antiviral therapy of the day before treatment.
- Do NOT consume alcoholic beverages at least 24 hours PRIOR TO treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid Supplements including St. John' Wort, ginko biloba, primrose oil, garlic, ginseng, Vitamin E and fish oil for 1 week.
- Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, ibuprofen and Aleve for 1 week prior. Consult your physician if you are taking aspirin for medical reasons.
- Do not drink alcoholic beverages for 24 hours prior to treatment.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any ingredients, or suffer from neurological disorders.

DAY OF TREATMENT

- Arrive to the office with a “clean face” washed and without makeup.
- In order to maximize your discomfort during the procedure, a topical anesthetic will be applied for 30 minutes prior to treatment.
- Inform your provider any changes in medical history and of all medications you're taking.

POST TREATMENT

- Avoid drinking alcohol or partaking in strenuous exercise as it may result in additional bruising.
- Until the swelling and redness have resolved, avoid intense heat in the treated areas. This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports.
- Cool compresses may be used.
- Avoid sun exposure after the treatment to reduce the chance of hyperpigmentation.
- To help alleviate bruising, we recommend the topical application of Arnica – a natural cream commonly used to reduce bruising. You can find this in the natural foods section of your grocery store, or at local pharmacies.
- Avoid blood thinners after treatment to reduce the chance of bruising. Tylenol is acceptable.
- If for any reason, scabbing should occur, do not pick or scratch at the treated area. Treat skin gently. Wash with a gentle cleanser, cool water, using hands only. Pat dry.
- Follow RN's instructions on caring for skin post treatment.
- Use sunscreen on a daily basis. This is extremely important!

