



# DERMAL FILLER

As we age, we lose the integrity of collagen and elasticity in our skin, resulting in loss of volume and fullness in our face. Facial fillers are a non-surgical way to restore hydration and replace lost volume secondary to aging. Specific areas where we notice these changes are in the nasolabial folds, cheeks, and lips.

Other uses for fillers include enhancing shallow contours, plumping and smoothing lips, and enhancing the appearance of scars.

## PRE-TREATMENT

- **PLEASE NOTE** if you wish to receive DERMAL FILLER, we are unable to provide this service if you also plan to receive the COVID-19 VACCINE or BOOSTER within two weeks (14 days) of your scheduled appointment.
- AVOID taking Aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks. These medications may increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- Please arrange any travel accordingly; patients should not fly within 48 hours after receiving dermal fillers.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment, the day of, and the day after.
- DO plan on scheduling a 2-week follow-up appointment with your provider to assess your results and potentially administer more product.
- DO consider taking over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure is at LEAST 4-6 weeks before a big event.

## POST-TREATMENT

- Avoid applying pressure or touching the treated area for six (6) hours after the procedure. The area can then be gently washed with a cleanser and water.
- Avoid vigorous scrubs, exfoliation or facial treatment in the area of treatment for 72 hours.
- Avoid Microdermabrasion or Vibradermabrasion for 72 hours after cosmetic dermal fillers.
- Avoid prolonged exposure to direct sunlight or UV/tanning beds for 72 hours after the procedure.
- Avoid manipulation of the area following the injection unless specifically instructed otherwise by your healthcare practitioner.
- For pain/discomfort, use cool packs and over-the-counter analgesics (Acetaminophen, Tylenol).
- Oral or topical Arnica Montana, an herbal supplement, may help with reducing swelling caused by cosmetic treatments. DO NOT take Arnica Montana if you have liver or kidney problems.
- If signs and symptoms of infection persist (warmth at the site of injection, discharge/pus, pain/discomfort) or if you develop a fever, please contact our office so our team may assist you.