



Facial Fillers Patient Handout

Facial fillers are injectable treatments designed to restore lost volume, smooth fine lines, and enhance facial contours. These treatments use safe, effective materials such as hyaluronic acid, calcium hydroxylapatite, and poly-L-lactic acid. Facial fillers are minimally invasive, offering rejuvenation with little to no downtime, making them a popular choice for those seeking natural-looking results.

Treatment Time: Each appointment includes a 15-minute consultation followed by 30 minutes of treatment time, allowing us to carefully tailor the procedure to your individual needs. There is a \$100 consultation fee, which can be applied towards your treatment.

Preparing for Your Procedure

1. Consultation

- **Your Medical History:** Please inform us of any medical conditions, allergies, or medications you're currently taking, including over-the-counter drugs and supplements. This information helps us tailor your treatment to your needs.
- **Setting Expectations:** Discuss your cosmetic goals with your provider. Understanding what the filler can achieve will help ensure that your expectations align with the potential outcomes.

2. Medications and Supplements

- **One Week Before:** To reduce the risk of bruising and bleeding, avoid taking blood-thinning medications like aspirin, ibuprofen, or naproxen, as well as supplements such as vitamin E, fish oil, and ginkgo biloba.
- **Prescription Medications:** Do not stop any prescribed medications without first consulting with your healthcare provider.

3. Timing with Dental Procedures

- **Plan:** If you need any dental work, including cleanings, schedule these at least two weeks before or after your filler appointment to minimize the risk of infection.

4. Alcohol and Caffeine

- **24-48 Hours Before:** Please avoid alcohol and excessive caffeine, as they can increase the likelihood of bruising and swelling.

5. Skin Care Routine

- **Avoid Irritants:** For at least three days before your appointment, avoid using exfoliating or skin-irritating products like retinols/retinoids.
- **Stay Hydrated:** Keep your skin well-hydrated by drinking plenty of water and using your regular moisturizer.

6. Preventing Infections

- **Cold Sores:** If you are prone to cold sores, please inform us. You may need antiviral medication before your procedure to prevent an outbreak.

Post-Treatment Care

1. Avoid Touching the Area:

- Refrain from rubbing, massaging, or applying pressure to the treated areas for at least 24 hours to prevent the spread of Fillers to unintended areas.

2. Stay Upright:

- Avoid lying down or bending over for 4 hours after your treatment to ensure the Filler remains in the intended areas.

3. No Strenuous Activity:

- Avoid intense physical activity, including heavy exercise, for 24-48 hours after your treatment. This reduces the risk of bruising and allows the Filler to settle properly.

4. **Avoid Heat Exposure:**
 - Steer clear of hot showers, saunas, and sun exposure for 24-48 hours post-treatment, as heat can increase the likelihood of swelling and bruising.
5. **Makeup and Skincare:**
 - You can apply makeup and resume your regular skincare routine the day after your treatment but avoid exfoliating products and aggressive facial treatments for at least a week.
6. **Bruising and Swelling:**
 - Some mild bruising or swelling at the injection sites is normal and should subside within 5-7 days. You can apply a cold compress to the area to reduce swelling.
7. **Results Timeline:**
 - The effects of Filler will start to become noticeable right away. The results generally can last up to 6-18 months depending on the type of Filler and location.

Important Considerations

Facial fillers are not suitable for everyone. Please discuss the following conditions with your provider, as they may affect your treatment:

1. **Allergies**
 - If you have any known allergies to filler ingredients like hyaluronic acid or lidocaine, alternative treatments may be necessary
2. **Active Infections**
 - If you have any active skin infections or inflammation, such as acne or cold sores, the treatment should be postponed until these issues are resolved.
3. **Autoimmune Conditions**
 - Certain autoimmune diseases (i.e. Lupus, rheumatoid arthritis/psoriatic arthritis, Sjögren's syndrome, Dermatomyositis, Scleroderma, Sarcoidosis, Multiple Sclerosis, etc.) may increase the risk of complications, so it's important to discuss your medical history with your provider.
4. **Pregnancy and Breastfeeding**
 - The safety of facial fillers during pregnancy and breastfeeding has not been established. It is advisable to wait until after this period for treatment.
5. **Bleeding Disorders**
 - Patients with bleeding disorders or those on blood-thinning medications may have an increased risk of bruising. Please discuss this with your provider.
6. **Recent Facial Procedures**
 - If you have recently undergone other facial procedures, such as laser treatments or chemical peels, it's important to let your skin fully heal before receiving fillers. Specific recommendations can be discussed with your provider.

Understanding Vascular Compromise

Vascular compromise is a rare but serious complication that can occur when a filler is injected into or compresses a blood vessel, reducing blood flow. This can lead to tissue damage, and in severe cases, skin necrosis or vision loss.

What to Look For

- **Symptoms:** Sudden pain, whitening of the skin (blanching), prolonged redness, or changes in vision require immediate medical attention.

Prevention and Safety

- **Our Approach:** We use advanced injection techniques to minimize risks, including checking for blood vessels before injecting and carefully choosing injection sites.

Emergency Protocol

- If vascular compromise is suspected, we will immediately administer treatment, such as hyaluronidase (for hyaluronic acid fillers), to dissolve the filler and restore blood flow.

When to Contact Our Office

Please contact our office if you experience any of the following:

- Significant pain or discomfort at the injection site that worsens over time.
- Unusual or prolonged swelling, redness, or bruising.
- Signs of infection, such as warmth, redness, or pus at the injection site.
- Any symptoms of vascular compromise, including sudden pain, skin blanching, or changes in vision.
- If you have any questions or concerns after your procedure, or if something just doesn't feel right, we're here to help.