

DERMAL FILLER

Patient Information

Pre-Treatment Information

1. Why To Use: to help get the plumpness back in the skin of the face, cheeks, lips, hands, and even the feet.
2. Why do we need it? As we age, we lose the collagen in our skin layers. Collagen gives us the plumpness and fullness in our lips, cheeks, hands, etc. We also lose the elastic in our skin. This causes our face, hands and other body areas to look flabby, loose and bony. It also gives us more wrinkles, as the skin gets more loose.
3. These fillers are made from *Hyaluronic Acid* – a natural substance that is found in all animals. It is in higher levels in babies, which is why they have such plump, smooth skin. We lose it as we age.
4. There are many types of “fillers”. However, the “fillers” I use, are NOT likely to cause side effects (such as lumps and permanent nodules). Any side-effects would be temporary (bruising and redness). *Juvéderm* is the brand I use, most often with lidocaine (a freezing agent) in it. This makes it more comfortable for you. With injections into the lips, I may give more anesthesia.
5. Pre-treatment care, to avoid bruising:
 - 7 days before appt – avoid Aspirin and Vitamin E
 - 3 days before appt – Avoid Ibuprofen, Aleve and other NSAID’s, as well as herbal products with ginko bilboa.
 - 2 days before appt – eat 2 kiwi’s per day (a total of 6 kiwi’s)
 - 24 hrs before appt – avoid alcohol
 - Do not schedule events immediately after a procedure
6. How much filler is needed? This will depend on the area being treated. Also, each person will have lost a different amount of collagen and elastin. So, we won’t know an exact amount until the consultation assessment has been made. During the treatment, we may have to reassess the amount of filler needed.