
DERMAL FILLERS

DERMAL FILLERS ARE INJECTIONS OF NATURAL SUBSTANCES UNDERNEATH THE SKIN TO RE-CREATE YOUTHFUL VOLUME AND IMPROVE WRINKLES. BECAUSE THEY ARE MADE OF SUBSTANCES ALREADY FOUND IN THE BODY, THE BODY KNOWS HOW TO PROCESS THEM AND THEY ARE DISSOLVED OVER TIME.

Preparing for Dermal Fillers

To prepare for dermal fillers, it is wise to stop taking anything for **7 days before** (and one day after) that may thin the blood, and therefore make bruising more likely. This includes:

- Aspirin
- Ibuprofen
- Aleve
- Alcohol
- Fish Oil
- Ginkgo Biloba
- Vitamin E
- Glucosamine
- Garlic

Do NOT discontinue any blood thinner that your doctor has prescribed (Aspirin, Coumadin, Plavix, etc.). It will be more likely that you will bruise, but the risks of stopping these medications outweigh the benefits of no bruises.

If you have a history of cold sores and injections are planned for around the mouth, we can prescribe an antiviral medication to prevent or lessen the appearance of a cold sore.

Aftercare for Dermal Fillers

After your injection, avoid anything that may open the blood vessels and worsen bruising. This includes strenuous cardiovascular exercise, hot tubs, and saunas. Do not rub or massage the area for 24 hours.

What to expect after Dermal fillers

- Tenderness in the injection areas
- Small bumps or lumps where the needle entered the skin
- Swelling
- Bruising

Icing after the treatment is encouraged for any discomfort or bruising. There are rare exceptions to this rule, and we will let you know if you should avoid icing. Tylenol can be used for mild discomfort.

Your injections look best (product has settled and swelling has subsided) at about 2 weeks. Should you bruise, please contact the office so we can schedule a complementary laser treatment to speed the resolution of the bruise.

Please call us if you notice any of the following:

- Blistering
- Severe bruising or a mottled appearance
- Pain with light touch

These are rare reactions, but if you experience them, please call the office at 435-602-1918.