

FILLER: What You Should Know Prior To Treatment

What are fillers, and how do they work?

Over time collagen and hyaluronic acid in your skin diminish, the skin loses structure and volume, and unwelcome lines and wrinkles appear. An emerging trend is to temporarily replace this loss by using hyaluronic acid-based dermal fillers to smooth away unwanted lines and wrinkles. Dermal fillers add volume to your skin by mimicking the hydrating effects of your skin's natural hyaluronic acid. The fillers are injected just below the surface of the skin temporarily adding volume, thereby filling lines, wrinkles and folds from the inside out.

How safe are the injected fillers?

The injection process and injected fillers are safe. The fillers have undergone extensive testing to establish safety and effectiveness and have been approved for injection into the skin for correction of fine lines, wrinkles and restoring facial volume by U.S. Food and Drug Administration.

What are the potential side effects?

While the safety rating is very sound, there are potential risks of the procedure of which you should be aware:

1. Pain: Your provider will take steps to minimize pain during injection. Post-procedure tenderness can be seen and is usually temporary, resolving in 2-3 days.
2. Skin reactions: Redness, swelling, nodules (early or late) or blue discoloration under the skin may be seen or felt. Dermal fillers can also migrate from initial site of injection.
3. Bleeding and bruising
4. Vascular occlusion secondary to injection of filler material into a blood vessel: Injection of filler material into a blood vessel can cause tissue death leading to a scab and/or scar formation. Permanent blindness has also been rarely reported following dermal filler injections.
5. Infection: Infection following dermal filler injection is uncommon, but additional treatments may be necessary in the event of an infection. If you have a history of cold sores in the area to be treated, you may need prophylactic antiviral medications.
6. You should not receive treatment with dermal fillers if you are:
 - a. Pregnant or breastfeeding
 - b. Undergoing immunosuppressive therapy
 - c. Allergic to lidocaine or any ingredient of the dermal filler
 - d. Allergic to eggs or egg derivatives
 - e. Allergic to bees or wasps
 - f. Prone toward keloid formation or hypertrophic scarring (heavy scarring)
 - g. Diagnosed with autoimmune disease including but not limited to lupus, rheumatoid arthritis, mixed connective tissue disease, scleroderma.
 - h. If you have a dental procedure scheduled, please notify your provider prior to receiving filler.

7. Patients undergoing therapy should minimize exposure of treated area to excessive sun, UV lamp exposure and extreme cold weather, until any swelling and redness have disappeared
8. Patients undergoing therapy should avoid chemical peels or other facial treatments until any redness resolves from original filler treatment. Massage on treated areas should be avoided for 2 weeks.
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What should I expect directly after treatment, and how should I care for the treated area?

Immediately after the treatment most people feel comfortable in resuming their normal activities. Temporary puffiness of the treated areas, however, should be expected, as well as temporary redness, slight bruising, and tenderness around treatment sites. Recent vaccines or illness can increase your risk of swelling and nodules. Contact our office if redness or swelling lasts for more than a few days, as this could indicate a reaction to the material. Although the injected material is generally not visible through the skin, some people have reported that they were initially able to feel the outline of the injected material. This is normal and should resolve several days to weeks after the original injection.

You may reapply make-up a few hours after treatment if no complications are present (open wounds, bleeding, and/or infection). Avoid sleeping face-down for 24 hours and firm pressure on the treated areas for 2 weeks (ie: facials, massage).

Does the correction last forever, and if not, how often will I require treatment?

Results may last from 6 months to greater than 1 year depending on the product used and the area treated. Repeat injections are needed to maintain optimal benefit. If you choose not to continue with your treatment, any remaining gel is simply absorbed by your body over time, and your skin gradually returns to its natural shape.

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