

## **COSMETIC FILLERS OVERVIEW & AFTERCARE INSTRUCTIONS**

### **Overview**

#### **What are cosmetic fillers?**

The cosmetic fillers Dr. Lee uses are colorless hyaluronic acid gels that are injected into facial tissue to smooth wrinkles and folds, especially around the nose and mouth. Hyaluronic acid is a naturally occurring sugar found in the human body. Its role in the skin is to deliver nutrients, hydrate the skin by binding water, and to support the structure of the skin.

**Which cosmetic fillers does Dr. Lee use?** We offer Juvéderm® XC, Restylane®, and Perlane®.

#### **What do cosmetic fillers do and how are they used?**

Cosmetic fillers are injected into areas of facial tissue where moderate to severe facial wrinkles and folds occur. They temporarily add volume to the skin resulting in a smoother surface and a reduction in the appearance of wrinkles. The procedure only takes a few minutes. A small amount of cosmetic filler is precisely injected into specific locations on the face through a tiny microneedle. The discomfort is mild and numbing medicine is sometimes used to minimize pain. You can resume normal activities immediately. It is best to refrain from alcohol one week before treatment. Stop all anti-inflammatory medications (i.e. Advil, Motrin, Ibuprofen, etc.) and aspirin 2 weeks before treatment, as this will minimize your chance of bruising with the procedure. If you take aspirin because you have a history of heart disease or stroke, please consult with your primary physician before stopping aspirin.

#### **How soon do you see results and how long do they last?**

Most patients need one treatment to achieve optimal wrinkle softening. Results are immediate and last about six months. Follow up treatments 2-3 times a year are recommended to maintain results. Many patients note results last longer with additional treatments.

#### **What are possible side effects?**

Most side effects are mild and of short duration (7 days or less). The most common side effects are temporary injection-site reactions such as redness, pain/tenderness, firmness, swelling, lumps/bumps, bruising, itching, and discoloration. As with all skin injection procedures, there is a small risk of infection. Serious and irreversible side effects are extremely rare.

#### **Am I a good candidate?**

Patients that are pregnant or breast-feeding should NOT use cosmetic fillers. Cosmetic fillers should also be avoided in individuals with a history of severe allergic reactions (i.e. anaphylaxis).

### **Aftercare Instructions**

1. Within the first 24 hours following cosmetic filler treatment, you should avoid strenuous exercise, extensive sun or heat exposure, and alcoholic beverages. Exposure to any of the above may cause temporary redness, swelling, and/or itching at the injection sites. Also, avoid massaging or rubbing the injected areas as this can cause the filler to migrate.
2. Apply an ice pack or cold compress to the injection area after treatment to help reduce swelling.
3. Makeup may be applied 24 hours after treatment.
4. If you experience bruising, try using Arnica cream. You can find more information about Arnica on the *Resources* bar of our website under *Products, Miscellaneous*.
5. Any pain should subside shortly after the procedure. ***If you experience persistent or worsening pain and/or skin discoloration, contact our office immediately.***