



WHAT ARE DERMAL FILLERS?

BACKGROUND:

Treatment with dermal fillers (such as Belotero Balance®, Juvederm® Products, Restylane® Products, Radiesse® and Sculptra®) can smooth out facial folds and wrinkles, add volume to the lips, and contour facial features that have lost their volume and fullness due to aging, sun exposure, illness, etc.

As we age, our production of collagen and hyaluronic acid (HA) decrease. Our muscles shrink. We also have bone resorption (breakdown). Our fat pads decrease in size and lose their battle with the earth's gravitational pull. The result is thinner skin that droops and drapes, enlarging eye sockets (orbits), nose socket (pyriform aperture), recession of our teeth and jaws, and falling of the facial fat pads (especially the apples of the cheeks) inward and downward—creating our nasolabial folds, jowls, marionette lines, and saggy chin.

The good news is that we can replace that long lost hyaluronic acid (HA) and collagen using commercially available dermal fillers and collagen stimulators that can be used in various places on our face and body to help replenish the loss of our natural, youthful plumpness (aka: "fat pads") and improve skin tone. Dermal fillers can be pure hyaluronic acid (HA), which is a naturally occurring substance in our body. These HAs come in varying thicknesses and last anywhere from 6 months to up to 2 years depending on the product, the area being treated, and the individual's metabolism. The amount needed varies from person to person. These products include Belotero Balance®, Juvederm® Products, and Restylane® Products.

There are also two types of products that help to stimulate your own natural collagen production: Radiesse® and Sculptra®.

WHAT TO EXPECT DURING YOUR VISIT:

Facial rejuvenation can be carried out with minimal complications. These dermal fillers are injected under the skin with a very fine needle. This produces natural appearing volume under wrinkles and folds which are lifted up and smoothed out. The results can be seen immediately.

You will have a consultation with the provider to determine your areas of concern and make recommendations for treatment.

- Your provider will take photos of your areas of concern then perform facial mapping to determine how much product you will need and where.
- The amount of filler you need for full re-volumization or for enhancement depends on a variety of factors. Skin laxity, fat loss, gravity, genetics, environmental factors all play a part in aging and in the amount of filler needed to correct the areas of concern. Most fillers come in 1mL syringe sizes.
 - Mid-Face Enhancement:
 - Cheeks 1-3 syringes per side

- Under Eyes/Tear Troughs 0.5-1.0 syringes per side
 - Temples 0.5-2 syringes per side
 - Lower Face Enhancement
 - Chin 0.3-1 syringe
 - Jawline Definition 1-3 syringes
 - Lip Plumping 0.5-2 syringes
 - “Smoker’s” Lines Around Lips 0.5-2 syringes
 - Oral Commissures (downturned or sad mouth) 0.25-0.5 syringe per side
 - Nasolabial Folds 1-2 per side (after cheek enhancement, which lessens the appearance of the nasolabial folds)
 - Marionette Lines 0.5-1 syringe per side
 - Other: Hands (wrinkled, veiny backs of the hands)
- The great part about fillers is that you will see the results right away.
 - Depending on the extent of re-volumization needed, you can layer fillers over time to reach optimal correction.

YOU CANNOT RECEIVE DERMAL FILLER INJECTIONS IF YOU HAVE ANY OF THE FOLLOWING:

- Pregnancy or Breastfeeding
- Allergies to the products or components (including albumin, lidocaine)
- Infection in the area of treatment
- Caution used if you have a history of keloids

RECOVERY POST-PROCEDURE:

- Injections into the facial tissue or elsewhere with a needle or cannula results in local trauma to the tissues which cause an inflammatory reaction that leads to swelling, tenderness, and bruising.
- There is a good chance of bruising, especially in the lips, nasolabial folds, and marionette lines.
- Ice and arnica can be gently applied to help with swelling, tenderness, and bruising.
- Total recovery time can be as little as a few days up to 2 weeks or longer.
- It is normal for one side of your face to heal before the other side and for there to be some “unevenness”. This will resolve over the healing period or can be corrected once the filler has settled after approximately 2 weeks.

RISKS AND COMPLICATIONS:

Before undergoing this procedure, understanding the risks is essential. No procedure is completely risk-free. There are certain inherent and potential risks and side effects in any invasive procedure and in this specific instance such risks include but are not limited to:

- Post treatment discomfort, swelling, redness, bruising, and discoloration
- Post treatment infection associated with any transcutaneous injection
- Allergic reaction
- Reactivation of herpes (cold sores)
- Lumpiness, visible yellow or white patches

- Granuloma formation
- Localized necrosis and/or sloughing, with scab and/or without scab if blood vessel occlusion occurs
- Rare complications of blindness from filler embolization have been reported as a complication as well

The above risks may occur, but there may be unforeseen risks and risks that are not included on this list. Some may necessitate hospitalization, and/or extended outpatient therapy to permit adequate treatment.

HOW CAN I MINIMIZE MY RISK:

- Avoid aspirin, ibuprofen/Advil/Motrin, or naproxen/Aleve, Vitamin E, Fish Oil, Ginkgo biloba 1 week prior to your treatment
- Take oral Arnica starting 1 days prior to treatment to help decrease the risk of bruising
- Follow Aftercare instructions closely:
 - Avoid rigorous exercise, hot yoga/head stands, anything that increases the blood flow to the area treated as it could cause increased bruising and swelling.
 - Do not wear hats/headbands, get a massage or facial, or rub the area.
 - Sleep on your back to avoid compression on the treatment areas and potential movement of the dermal filler.
 - Avoid make-up for 4-6 hours to minimize the risk of infection.
 - AVOID DENTAL PROCEDURES 2 weeks before and at least 2 weeks after dermal filler treatment as it increases the risk of infection.

It is recommended to have a 2 week follow-up appointment to assess the need for any touchups after the product has taken full effect. Touch ups can be done at that time if needed.

Join The Beauty Revolution!

We LOVE selfies—Please send us your post treatment photos by text or email!

We are always available for you at 858-869-9287

Life is Beautiful, and So Are You!!!

