

## **Fillers (Soft-Tissue Augmentation)**

### Background

- Fillers help to restore lost fullness to the face, lips, and hands.
- Fillers are popular because patients like that they can return to everyday activities immediately after getting most fillers. The procedure can be done in the office and the results are most often immediate.
- Your results will look more natural with a conservative approach. For example, patients who have very thin lips should not get dramatically fuller lips. Creating fuller lips in these patients could be extremely unflattering because the lips might start to resemble a duck's bill.
- Before getting a filler, it is essential that you tell us about all of your medical conditions.

### What happens when I get a filler?

- Most filler treatments take between 15 and 30 minutes and require one office visit.
- Before getting the injections, you may need ice, an anesthetic applied to the skin, or a nerve block (an injection). This varies with the filler and area to be treated. Hands generally do not need anesthesia; lips often require a nerve block.
- You may feel a stinging or burning sensation as the filler is injected.
- To reduce any redness and swelling from the injections, we recommend icing the area for 15 to 20 minutes before you leave. After you may apply any cosmetics and makeup.

### Post-procedure Instructions?

- Wait until the next day to exercise or do any other strenuous activity.
- Stay out of the sun and do not use a tanning bed or other type of indoor tanning.
- Avoid touching the treated area, unless you receive instructions to massage the area.
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- If the undereye area was treated, avoid wearing goggles for one week.
- Wait a minimum of four weeks before skin care or laser treatments.
- Use Tylenol (acetaminophen) for discomfort.
- Arnica containing products, such as DerMend Bruise Formula, can be helpful for bruising.

### How long will the results from fillers last?

- Most fillers offer temporary results and require repeat treatments to maintain the results. Dermal fillers last, on average, 6-12 months.
- Temporary fillers can be injected as needed to replace lost fullness. This is advantageous because no matter what we do, our skin continues to age.

### Expected and Adverse Results

- While one of the safest cosmetic treatments available, if you decide that fillers are right for you, it is important to know that this is a medical procedure and that there are risks of adverse outcomes.
- It is normal to feel a firmness or heaviness in your injection area. This softens over time. It is also normal to feel lumps and bumps. If there are any visible bumps 2 weeks after treatment, please call the office.
- The swelling after lip treatment may be more noticeable. During the healing process, the lips can look somewhat uneven. Remember that this is not your final result.
- Frequent, minor and temporary side effects include redness, swelling, tenderness and bruising. These side effects tend to clear within 7 to 14 days — if not earlier.
- More serious side effects include allergic reactions, infection and severe swelling.