



Filler Injection Treatments

Juvederm, Restylane, Belotero, Voluma, Restylane Lyft

Injectable fillers are a minimally-invasive cosmetic treatment recommended for improving the appearance of wrinkles, dehydrated skin, thin lips, smile lines, undefined cheekbones, and under-eye circles. These fillers contain hyaluronic acid, a substance found naturally in our skin. The result is instantaneous and produces a long-lasting, natural enhancement.

How should I prepare for the treatment?

- Please notify your physician if you have a known allergy to bee stings.
- Notify your doctor if you have a history of cold sores. The doctor will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions.
- Bruising risks are increased with the regular use of aspirin, alcohol, blood thinners and some alternative medicine supplements (Ginkgo, Garlic, Ginseng). Please speak with your doctor before stopping any blood thinner medications.
- Taking Arnica supplements can help prevent bruising. These can be found at your local pharmacy or herbal supplement store.

What should I expect during treatment?

The filler is gently injected in tiny amounts with a very fine needle. There will be some tenderness at the site of injection for approximately 48 hours. Most patients treated with dermal fillers experience a correction lasting 6-12 months, depending on the product used.

What will I look like after treatment?

- Immediately after the treatment, your skin may feel sensitive with slight swelling. This normally resolves within 24 hours, but has been reported to last as long as 72 hours. Makeup can be applied immediately after to cover any minor bruising or redness that may occur.
- The initial swelling after treatment to the lips may last longer, up to one week. The lips may even appear asymmetric during this time.
- If you have treatment around your eyes, you may experience micro-bruising lasting for up to ten days.
- Do not take any anti-inflammatory medications such as: Ibuprofen, Motrin, and Advil. These agents may lead to excess bruising and bleeding.

How should I take care of my skin?

- **Immediately After Treatment:** Application of ice intermittently for a short period of time after the treatment will reduce swelling. Most patients resume normal activities a few hours following treatment. Do not massage the treated areas unless otherwise instructed by your Dermatologist.
- **First Few Days:** Continue gentle cleansing and moisturizing over the next few days. Avoid scrubbing, rubbing, or massaging the area for up to 1 week, unless otherwise directed by your physician.
- **First Week of Healing:** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, sweating, swimming, or exposing skin to heat and sun.
- **Abnormal Healing:** If you notice any pimples, blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion) or any other problems, please contact us immediately.

If you have any questions, please do not hesitate to call:

516.992.6350