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**Dermal Filler**

*The natural aging process can cause the face to lose volume, creating unwanted wrinkles and unflattering folds. Dermal filler can help restore lost facial volume and treat moderate to severe wrinkles for a more youthful appearance, as well as enhance facial features.*

What to expect

* The first step is your consultation. Your provider will sit with you to determine which product is right for you. Dermal filler can be used to plump thin lips, enhance shallow contours, soften facial creases and wrinkles, and even improve the appearance of recessed scars.
* Dermal filler injections are a quick and painless process, which typically takes 30 minutes and patients only experience mild discomfort.
* Unlike neurotoxins, such as Botox or Dysport, dermal fillers work immediately. Not only will you notice an instant difference, these results last: for most, expect your filler to keep your face looking fresh for 12-18 months.

Pre-Treatment

* Schedule your treatment at least 2 weeks in advance to a special event in case of bruising or swelling.
* Clients should not schedule any vaccinations or invasive procedures for 4 weeks before or after treatment.
* It is recommended to discontinue the use of blood thinner, anticoagulants, or multivitamins at least 1 week prior to your appointment. Please consult with your primary physician prior to discontinuing any medications.
* Notify your provider if you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with a prescribed antiviral medication.
* If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
* It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with lasers, IPL, or peels.

Post-Treatment

* Do NOT touch, press, rub, or manipulate the injected areas for 6 hours after treatment.
* Ice the treated area for the next 24 hours – on and off for 5 - 10 minutes at a time to help minimize swelling.
* If bruising occurs, we encourage taking OTC Arnica.
* Avoid blood thinners, anticoagulants, and multivitamins at least 3 – 7 days after treatment. Please consult with your primary physician prior to discontinuing any medications.
* Avoid alcohol, caffeine, high-sodium foods, refined carbohydrates, spicy food and smoking 24-48 hours after your treatment.
* Avoid wearing makeup until the day after treatment.
* Avoid vigorous exercise, UV light, and heat exposure for 3 days after treatment.
* Avoid obtaining any vaccination or invasive procedure for 2 weeks following your treatment.
* Avoid cosmetic treatments such as laser, ultrasound, peels, or facials for 2 weeks after treatment.
* Please remember one side may heal faster than the other, resulting in temporary asymmetry. This should resolve within 2 weeks.
* Firmness in the injection area within the first few days after treatment is normal. The area will soften over time as the product settles, resulting in a soft and natural appearance.

Complications/Risks

* Bruising or purpura
* Swelling or firmness
* Lumps or bumps
* Tenderness or pain
* Discoloration
* Dryness or itching
* Redness at the injection site
* Please report to your provider immediately if you have increased pain, severe swelling, redness, blisters, itching, fever/chills, dusky or white areas, mottling, excessive bruising, vision changes, increasing warmth or coolness in treatment area, or difficulty swallowing or smiling following your treatment.

Exclusion Criteria

* Pregnancy
* Currently breastfeeding
* Active infection, cold sore, open lacerations, hives, cyst, pimples, or rashes in the treatment area.
* Viral or bacterial illness within 4 weeks of treatment.
* Any recent invasive procedure within 4 weeks of treatment. These include but are not limited to:
	+ Dental cleaning or dental work
	+ Surgery of any kind
	+ Internal device placement
	+ Tattoo or permanent makeup
* Active use of blood thinners, anticoagulants, or certain supplements (Vitamin E, Salmon Oil, Gingko Biloba, Grapefruit, St. John’s Wart, etc.)
* Active use of immunosuppressants or biologic medications.