

This document is designed to provide information about the [Dermal Filler Injection](#), its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

Safe & Effective | Quick & Minimally Invasive | Immediate Results | Subtle and Natural Looking Results | Little or No Downtime

The Procedure: Dermal Fillers use natural, gel-like substances such as hyaluronic acid (such as RHA, Restylane, Juvederm & Belotero) and poly-L-lactic acid (Sculptra) to temporarily:

- Smooth fine lines & wrinkles
- Restore volume & hydration
- Contour facial features (chin, jawline)
- Rejuvenate hands
- Soften creases and deep folds
- Improve under-eye dark circles
- Lift & enhance cheeks
- Rejuvenate neck
- Fill in recessed scars
- Fill in tear troughs
- Enhance lip volume & definition
- Stimulate collagen production

Dermal fillers are injected under the skin with a very fine needle or a cannula and can be performed in **areas involving the face, temples, under eyes, nose, jaw, chin, jowls, cheeks, hands, forehead, and lips**, just to name a few, some of which are considered “off label” use. Each dermal filler type/brand is uniquely formulated to have a certain texture, viscosity, and longevity which means that certain fillers work better for certain areas of concern. Your practitioner will be able to determine the product that will produce the desired results most effectively and efficiently. **Dermal filler results are instant and typically last for 6-12 months or longer.** Longevity is dependent on many factors including but not limited to age, general health, lifestyle, skin conditions, areas of injection, the amount injected, injection technique, metabolism, and presence of antibodies and/or medications known to interfere with the effectiveness. Without periodic touchup injections, the improvements will gradually wear off. Individual results may vary and are difficult to predict. We cannot guarantee how long the results will last, how much of an improvement there will be, or how painless the treatment will be. Most dermal fillers are pre-infused with lidocaine numbing agent. Regional nerve blocks or a topical anesthetic may also be applied to further diminish discomfort. Followup treatments for additional improvement, correction of side effects or complications may be necessary and incur additional cost.

Contraindications include, but are not limited to the following:

- Pregnancy, trying or breastfeeding
- Severe allergies or a history of anaphylaxis to components of the particular filler or local anesthetics
- Blood thinning medications within the last week
- History of surgical face lift
- Recent COVID/Flu vaccine or positive COVID test
- History of keloid scarring or abnormal wound healing
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Active inflammation or infections (e.g. cysts, pimples, rashes or hives).
- Impaired judgment, psychological conditions, and substance or alcohol abuse
- **Patients with unrealistic expectations**

Risks & Possible Side Effects include, but are not limited to the following. Most side effects and/or complications associated with dermal filler injections are mild, transient and reversible. Although the majority of patients do not experience any, you should discuss each of the following with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective procedure.

Early onset adverse effects (Hours to days post procedure)

- Injection site reaction (Common): Bruising, Swelling, Erythema, Pain/Tenderness, Itching
- Hypersensitivity reaction
- Infection, Herpetic Outbreak
- Tyndall effect
- Bumps/lumps, Surface irregularities, and Nodules
- Skin discoloration (Rare)
- Asymmetries
- Dysesthesias, Paresthesia, and Anesthesia (Very rare)
- Vascular occlusion (Extremely rare): Local tissue necrosis, Embolization of blood vessels (loss of vision, stroke), Scarring

Delayed onset adverse effects (weeks to years post procedure)

- Migration
- Lumps, Nodule
- Biofilm, Foreign body granuloma (Very rare)
- Immune reaction
- Compromised muscle function (Very rare)
- Dysesthesias, Paresthesias (Very rare)
- Tissue necrosis (Extremely rare)
- Persistent scarring (Extremely rare)

Alternative Procedures: Dermal filler injection is an elective aesthetic procedure, which is not medically necessary or required.



Pre / Post Care Instructions Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

Before Your Treatment

- You may not be pregnant, trying to be pregnant, or lactating.
- It is not recommended to have a dermal filler injection treatment less than 2 weeks before a big event.
- You should not schedule any vaccination or invasive procedures for 2 weeks before or after treatment with dermal fillers. These include but are not limited to COVID/Flu vaccine, dental dental work, lesion excision or biopsy, surgery of any kind, tattoo or permanent makeup.
- History of surgical face lift of any kind will lead to denial of dermal filler treatment to the midface or cheek region.
- Inform your practitioner if you have a history of medication allergies, history of anaphylaxis, and any other medical conditions.
- If you are prone to cold sores, it is recommended to take an antiviral medication for 3 or more days before and after your treatment.
- To minimize bruising or bleeding it is best not to take any blood thinning or NSAIDs medications, vitamins, and supplements (unless otherwise prescribed by your doctor) for at least 3 days to 1 week before your treatment.
- If you have a tendency to bruise easily, you may start taking over-the-counter Arnica Montana tablets 3 days before your treatment.
- Do not apply potentially irritating products for 2 days before and after your treatment (e.g. tretinoin, retin-a, glycolic acid, hydroquinone).
- Avoid alcohol, caffeine, and cigarettes for 24-48 hours before and after treatment as they may contribute to increased swelling or irritation.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Reschedule your appointment if you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your treatment.
- It is recommended that you wait at least 2 weeks after other cosmetic treatments such as lasers, peels, microneedling, or facials.
- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.

Day of Treatment

- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Topical numbing cream for 30-45 minutes or regional nerve blocks may be administered to maximize your comfort during the procedure.
- You may experience a mild/moderate amount of tenderness and discomfort during your procedure.
- We ask that you wait at least 2 week after injection to assess the need for additional treatment to achieve desired results. Regular charge applies to all subsequent treatments.

After your treatment

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid touching, rubbing, picking, or manipulating the injected area(s) for 6 hours after your treatment. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact your practitioner.
- Do not massage the treatment area unless instructed to do so.
- Minimize excessive movement of the treated area(s) for 3 days after treatment to avoid potential migration of dermal filler products.
- If there is a visible bump, you may gently massage the area. You may feel lumpy and/or bumpy for a few weeks afterwards. This is normal. The key is not to see the lumps. You may also feel "firmness" which will soften and settle with time (usually 1-2 weeks).
- You may take Acetaminophen/Tylenol if you experience any mild tenderness and discomfort.
- You may take over-the-counter Arnica Montana tablets or apply Arnica Montana topical cream to help reduce bruising.
- Apply a cool compress to the treatment area (do not apply ice directly to the skin) for 10 minutes every half an hour on the day of treatment.
- Sleep on your back for the first few nights to relieve pressure on the area and avoid disturbing the filler.
- Avoid alcohol, caffeine, and cigarettes for 24-48 hours before and after treatment as they may contribute to increased swelling or irritation.
- Avoid vigorous exercise, sun and heat exposure for 3 days after. (i.e., sunbathing or tanning bed)
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid submerging head under water for a full 24 hours after midface treatment; this includes pools, beach, bathtub, hot tub, etc.
- Do not apply potentially irritating products for 2 days after treatment (e.g. tretinoin, retin-a, glycolic acid, benzoyl, hydroquinone).
- Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.
- Continue to avoid blood thinning or NSAIDs medications, vitamins, and supplements (unless otherwise prescribed by your doctor) for at least 1 week after.
- Avoid scheduling any vaccination or invasive procedures for 2 weeks after treatment with dermal fillers. These include but are not limited to COVID/Flu vaccine, dental dental work, lesion excision or biopsy, surgery of any kind, tattoo or permanent makeup.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials or microdermabrasion for 2 weeks after.
- Schedule a follow-up appointment 14 days after your treatment for your practitioner to assess the outcome.

If you experience any side effects, such as prolonged discomfort or swelling, a histamine reaction, or infection, immediately contact your practitioner for proper assessment and care instructions.