



Patient Education: Dermal Fillers

Dermal fillers are injectable gels used to improve the appearance of aging by filling in wrinkles, restoring facial volume, and enhancing contours. Made from various substances like hyaluronic acid, calcium hydroxylapatite, or poly-L-lactic acid, they are injected under the skin in minimally invasive procedures that can take from a few minutes or up to an hour. While the results are often immediate and can last from six months to two years or more, they are generally temporary and require repeat treatments for maintenance.

Before your appointment

Schedule your Dermal Filler appointment at least four weeks prior to any special events such as a wedding or a vacation to allow for healing and optimal results. Results from Dermal Filler injections may take approximately four to seven days to appear. Mild bruising and/or swelling may also be visible during this time period.

If you have a history of cold sores, please let your provider know. They may elect to put you on an anti-viral medication prior to treatment. Reschedule your appointment if you find a rash, cold sore, or blemish in the treatment area. Discontinue retinoids two days before and two days after treatment.

Avoid blood thinners and NSAIDs like ibuprofen prior to and after aesthetic procedures. Avoid alcoholic beverages at least 24 hours prior to treatment. These may increase the risk of bruising. If you would like to minimize the risk of bruising after treatment, please consider these options: homeopathic SinEcch Arnica supplements (available in clinic or online), cold gel packs, and good nutrition and hydration.

Timing of your appointment

Although dermal fillers are minimally invasive and most people can return to their regular activities right away, it's important to note that full results typically take one to two weeks to appear. This delay is due to minor swelling or bruising that needs time to subside. If you're prepping for a big event, like a wedding or a reunion, aim to book your treatment at



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least 1 to 2 weeks in advance. This buffer allows your results to settle and ensures you'll feel confident when the day arrives.

The day of your appointment

On the day of your appointment, come with a clean, makeup-free face. This allows your practitioner to evaluate your skin accurately and prepare it for the procedure. A fresh face helps streamline the treatment process and ensures everything goes smoothly. Your provider will review your treatment plan and goals with you. Then, the injection areas will be thoroughly cleansed and a topical numbing cream will be applied to the area to minimize discomfort. Some filler products may also already contain a numbing agent like lidocaine. The filler is injected using a fine needle or cannula. You may feel a light pinch or pressure, but discomfort is typically minimal due to the numbing agents.

After your appointment

Please follow these tips to support the best healing after your appointment:

- Expect temporary side effects like mild swelling, redness, and bruising. These are common and typically subside within a few hours to days. To minimize swelling, avoid consuming excess amounts of alcohol and/or high-sodium foods, apply cold compresses or ice packs for twenty minutes each hour while awake the first one to two days after.
- Avoid touching, massaging, or applying pressure to the treated area for the first 48 hours.
- Avoid strenuous exercise, heat-inducing activities (like saunas), and excessive sun exposure for 24-72 hours.
- For moderate swelling you can take over the counter antihistamines. We recommend non-drowsy Zyrtec during the day, and Benadryl at night (may cause sleepiness).
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.



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- DO NOT apply anything to the skin until the day after treatment: No cleanser, moisturizer, or makeup
- DO NOT massage, touch, or manipulate the injection site.
- Avoid heavy exercise the day of your treatment.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- If experiencing swelling, sleep with your head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Please contact your provider or a member of the staff for product recommendations.
- If you experience bruising, SinEcch Arnica supplements can be taken to help bruising to resolve at a faster rate

For any questions or concerns, please contact us at 717-408-6075 via text or call. Email us at info@alaskacheeky.com.