



Before Treatment

1. **DO NOT** use aspirin or aspirin containing medications for at least 2 weeks prior to treatment. Do not take **Advil** or **Ibuprofen** containing medications for 3 days prior to treatment. Supplements such as Vitamin E, Ginko Biloba, Garlic, Ginseng, and St. John's Wort should be stopped 1 week prior to the procedure. **Tylenol is an acceptable alternative** if pain medication is needed.
2. Arnica Montana supplements can help to decrease bruising. If you are prone to bruising, you may consider taking Arnica for 2 days prior to your procedure and 2 days afterwards. Paradise Dermatology sells Vitamedica brand 30 capsules for \$12.50 plus tax.
3. If you get **fever blisters** or cold sores, please advise the office prior to your appointment. We can prescribe a medication prior to your treatment to prevent an outbreak. We cannot perform the procedure if you have an active outbreak at your scheduled appointment.
4. To make your procedure as comfortable as possible, we apply a topical numbing cream. Please plan on arriving 20 minutes early for your application.

After Treatment

1. Avoid the following for at least 24 hours
 - Strenuous exercise
 - Consumption of alcoholic beverages
 - Extended exposure to the sun or heat
2. Ice can be applied to injected areas. Redness, swelling, and bruising are normal.
3. For any discomfort, take acetaminophen (Tylenol). Avoid aspirin or Ibuprofen (Advil, Motrin), which can prolong bruising.
4. 2 days after a bruise develops, apply a heat pack or a wash cloth soaked in warm water to the area several times a day to promote healing. Pain and tenderness should get better within a few days and the bruising should go away within a couple of weeks.
5. Call our office if bruising is accompanied by extreme pain and swelling, especially if you are taking blood thinner medication.

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For emergencies at night or on the weekend please call our office and leave a message with our answering service. A provider will get the message and call you back.

Sarasota: 941-921-4131

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What is Filler?

A filler is a soft substance that can be injected into the skin to improve the appearance of fine lines and wrinkles, plumps lips, fills out hollow cheeks, improves scars, elevate deep folds, and repair various facial imperfections. The result is a smoother more youthful appearance.

What can filler do?

The aging process generally causes a loss of volume in fatty tissue as the underlying collagen and elastin fibers begin to deteriorate. This most commonly occurs around the eyes, mouth, cheeks, jawline, brows, and bridge of the nose. These age-related changes produce lines, depressions, and furrows. Fillers have the ability to plump and contour the aging face by restoring a more youthful appearance. Fillers can also be used safely with Botox, Dysport, Xeomin, and lasers.

What should be expected during and after treatment?

The procedure is a simple in office treatment. After the filler to be used is determined, the face is cleansed, and a topical anesthetic or numbing injection is performed. A needle is used to inject the filler directly into the wrinkle or depressed area. A stinging or burning sensation may

be felt as the filler is being injected. Immediately after the procedure there may be some temporary swelling, redness, or minor bruising at the injection sites. Persistent lumpiness, allergic reactions, and skin necrosis are rare and should be reported immediately. Makeup can be applied immediately after the treatment.

How long does the improvement last?

The length of time the improvement lasts depends on the type of filler used, the area treated, and the ability of the patient's skin to use the materials. The fillers we use last anywhere from 6 months to 2 years.

What are the different fillers offered?

Juvederm, Belotero, Voluma, Vollure, Volbella, Restylane Refyne, Defyne, Lyft, & Silk are all made of hyaluronic acid, which is a natural substance that already exists in the human body. Most areas on the face can be treated. Some fillers come pre-mixed with local anesthetic (lidocaine) making the treatment more comfortable by eliminating most of the pain of injection. Depending on the version of filler used, the results may last 6 months up to 24 months.

Radiesse is composed of synthetic calcium hydroxylapatite microspheres suspended in a carrier gel. The microspheres form a scaffold through which your body's own collagen grows. Most areas of the face can be treated with the exception of the lips. Radiesse can also be mixed lidocaine making the treatment a lot less uncomfortable by eliminating most of the pain of the injection. Occasionally a second treatment is required for full correction. Results can last 1-2 years.

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