

## Fillers:

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What are fillers?

Fillers are cosmetic dermal products that restore volume and fullness to the skin. They are made of hyaluronic acid or other ingredients which are mostly natural substances normally found in the skin.

What are the uses of fillers?

The most commonly used agent, hyaluronic acid is present in abundance in youthful skin and declines with ageing. The molecule provides both hydration and volume. It is used to correct moderate to severe facial wrinkles and folds as well as to enhance the appearance and to provide fullness to the lips.

How is the treatment performed?

Fillers are injected directly into the skin in tiny amounts with an ultrafine needle. To ensure your comfort during the short procedure, your dermatologist may anesthetize the treatment area using a local or topical anaesthetic.

When is the result seen?

The results are instantaneous. However, initial redness and bruising may be present, which subsides in less than a week.

Are there any side effects?

Side effects are rare and minor. The most common side effects are temporary redness and swelling at the injection site. These typically resolve within two to three days.

How long do the fillers last?

Since fillers are a temporary treatment, the results will eventually wear off and the filler will need to be injected again. Fillers can be temporary fillers, semipermanent fillers or permanent fillers depending on the duration of effect. With temporary fillers, the average treatment results last four to twelve months. Semipermanent fillers last for 1- 2 years, while permanent fillers last for 2-3-5 years, depending on the filler. However, results are variable as every patient is different due to their unique facial structure.

**What are the pre-treatment instructions?**

**Avoid taking aspirin, non-steroidal anti-inflammatory medications (ibuprofen, etc), and vitamin E supplements** for five days prior to treatment to reduce the risk of bruising and bleeding at the injection site.

**Avoid alcohol** 24 hours before treatment. This will also reduce the risk of bruising and bleeding.

This procedure may result in mild swelling and occasionally mild bruising at the injection site, which will last one to two days to a maximum of a week. This may need rearranging work and social schedule so that you do not have any events for two days after the procedure.

Please notify your dermatologist if you have a history of cold sores (herpes) so that he can provide you with an antiviral medication to prevent an outbreak.

**What are the post treatment instructions?**

Do not rub the treated area for at least 48 hours after the procedure.

Do not exercise or drink alcohol for 24 hours after the procedure.

Avoid bending down for six hours after the procedure.

If there is any mild irregularity, you can massage any tiny lumps with your thumb or index finger to flatten out any unevenness. However, it is always better to visit your Dermatologist in case of any concern.

Can the filler be removed?

If you are unhappy with the result, the filler (in case of hyaluronic acid) can be easily and rapidly dissolved with an injection of hyaluronidase. Other fillers may also be removed if desired.