



WILMINGTON
DERMATOLOGY
C E N T E R

Dermal Fillers Instructions

What to expect on the day of the procedure

- Numbing medicine will be used to reduce the discomfort of the injection
- The treatment area is cleansed with an antiseptic
- The filler is administered by injecting into the wrinkle or fold
- Multiple injections might be made depending on the depth of the wrinkle and its location
- Following each injection, the correction site will be massaged to conform to the contour of the surrounding tissues
- Ice will be applied during and after the injection.
- After the treatment additional implantation of hyaluronic acid may be necessary to achieve the desired result
- Periodic touch-up injections help sustain the desired level of correction
- The procedure is temporary. Additional treatments will be required periodically for the effects to continue. Generally the effects last 6 months to one year, some newer filler may last up to 2 years.



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Pre-Treatment Instructions

1. Please arrive at the office without make-up. It allows pre-procedure photos to be taken as well as the topical numbing medicine to work better.
2. The most common complications following dermal fillers include: swelling, bruising, tenderness at the injection site, these typically lessen or disappear within a day or two. Some bruising may last up to 10-14 days.
3. Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as ibuprofen, Vitamin E, Ginger, Ginko Bilboa, Ginseng, and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
4. To further decrease the risk of bruising you may start Arnica or Arnica/Bromelin supplements one day prior to your procedure and continue for a few days following the procedure. Arnica gel may be of benefit for use post procedure to help reduce bruising. These may be purchased in our office or can be found at any health food store.
5. If you have a history of oral herpes, you must pre-treat with an anti-viral three days before your scheduled visit. If you need a prescription for Valtrex please let your provider know.