

New England Dermatology & Laser Center  
3455 Main Street, Suite 5  
Springfield, MA 01107  
(413) 733-9600  
www.nedlc.com

## **FILLERS**

Fillers are one of the most common procedures performed by physicians for cosmetic improvement. Their popularity is a reflection of their efficacy, predictability, and safety. The results are almost immediate with little or no “down time” and most if not all of the infrequent and minor side effects which may occur are short lived and temporary. Fillers are materials injected to fill lines, scars, and to replace volume loss primarily of the lower face, but are used in the upper face as well. Fillers include those with contain hyaluronic acid (Restylane, Juvéderm, Belotero, Voluma) and collagen simulators (Radiesse, Sculptra) and there will be others available in the near future. Each product produces its result in a unique manner. Collagen stimulating products produce collagen which can be thought of as the “bricks of a wall” providing support; hyaluronic acid products are the “mortar” holding the “bricks” (collagen) together as well as acting like a sponge to hold water in the skin. In fact, the skin is about 85% water which provides the bulk of the skin volume. All of the products noted are considered “natural” as they are normally present in the skin. Like the body’s own collagen and hyaluronic acid which are continually being broken down and replaced, these injectable materials are similarly metabolized by the body resulting of a loss of their correction over time. In general, the duration of the correction from filler ranges between three and twenty-four months and is dependent upon the facial area injected, the size and type of defect, the amount of material injected, and there is also variation among individuals. In general, the safety profile of filler materials is excellent. Expected consequences of treatment include, but are not limited to pain of injection, redness, swelling, bruising, and lumps and bumps. Redness, swelling, and bruising may last several days. If lumps or bumps develop, they may last several weeks to several months. Rarely, there may be more severe reaction including persistent nodules, infections, skin ulceration, and an extremely rare instance of blindness. None of the currently available fillers are permanent and regular maintenance treatments are required for continued correction.

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**FILLER PRE-TREATMENT INSTRUCTIONS**

- ❑ Please come to the office with a clean face free of makeup and moisturizers in the area to be treated.
- ❑ To minimize the possibility of bruising, non-essential blood-thinning medications or supplements should be discontinued for 10-14 days prior to treatment if possible. These include aspirin, ibuprofen, Advil, Motrin, Midol, Aleve, Excedrin, Alka-Seltzer, vitamin E, green tea, garlic, ginkgo biloba, ginseng, and St Johns wort. Please note that if you have been prescribed aspirin or another blood thinning medication such as Plavix or Coumadin for medical reasons, do NOT discontinue these medications. Please be advised the bruising does not affect the success of treatment.
- ❑ Filler injections are generally very well tolerated but can be associated with some discomfort. The use of a topical anesthetic and/or a local (injectable) anesthetic is common. If you wish to apply a topical anesthetic at home, please notify your physician for a prescription.
- ❑ If you are pregnant, breast-feeding, or trying to become pregnant, please alert your physician, as you are not a candidate at this time.
- ❑ If you are unable to keep your appointment, please call 413-733-9600 to cancel or reschedule. Patients will be charged for any missed appointment that is not cancelled at least 24 hours in advance.

**FILLER POST-TREATMENT INSTRUCTIONS**

In order to minimize bruising and redness, avoid anything that will make your face or body flush such as exercise, direct sunlight, alcohol, hot showers, or spicy foods. Additionally, do not chew gum or drink using a straw for the next 24 hours and avoid dental procedures for the next 7 days. If bruising does occur, it will go away in several days.

- ❑ You should apply cool compresses to the treatment sites for 5-10 minutes every 1-2 hours for 24 hours to reduce swelling and bruising.
- ❑ If you develop a headache, Tylenol is permissible. Do not take aspirin or ibuprofen as these agents may increase the risk of bruising.
- ❑ You may wash your face gently the evening of treatment but you should not resume your normal facial care including makeup until the next day.
- ❑ Almost everyone has facial asymmetry, meaning the right and left sides are not identical; they are “sisters” and not identical twins and cannot be made identical. Our goal with fillers is to “soften” and improve the appearance, but perfection is rarely achieved. Sometimes the correction is less than what you had expected or wanes quicker than you had expected. Additional treatments may be required to try to meet your expectations. Please call our office to be seen for follow-up should any of these concerns arise.

**COST AND PAYMENT POLICY**

Since the use of injectable fillers is considered cosmetic, you will be responsible for the cost of treatment. Full payment is due at the time of service. Unfortunately, credit cannot be extended. Please discuss the estimated cost of treatments prior to undergoing the procedure. Your treatment may be more or less than the estimate depending on the number of syringes of material and the material type needed to achieve your correction. If you have any questions, please make sure they are answered to your satisfaction

We are pleased that you have chosen to put your trust in New England Dermatology & Laser Center for your skin care and we appreciate your confidence in us. If you have any questions or concerns regarding your treatment, please call us at (413) 733-9600.