

THE PEARL

DERMATOLOGY

HYALURONIC ACID FILLERS

(Juvéderm Ultra, Ultra Plus and Voluma, Restylane, Silk, Kysse, Refyne, Defyne, Lyft)

Hyaluronic acid (HA), a substance naturally found in the body, is the primary substance that, along with collagen and elastin fibers, forms the middle layer (dermis) of the skin. HA fillers contain a synthetic hyaluronic acid that serves to restore volume and fullness to the skin where volume has been lost. Common treatment areas are nasolabial folds (smile lines), cheeks, under eyes, chin, lips, marionette lines, and hands. HA Fillers vary in elasticity and density. Your healthcare provider will choose the appropriate filler to inject, that will allow for the most natural appearance.

All HA Fillers are gradually metabolized and are broken down by the body. On average, HA Fillers can last 9-12 months, and this time varies from patient to patient. The type of HA Filler, the amount, and the location of treatment area will also affect how long the results will last. We also offer Hylenex in the office, which can be used to dissolve any unwanted filler.

Pre-Treatment Instructions

1. Allow at least two weeks between your treatment and any important social or professional engagement due to the possibility of redness, swelling and bruising from the procedure.
2. Avoid major dental procedures for two weeks prior to and after the filler injection to decrease the risk of infection.
3. Avoid the following two weeks prior to your treatment:
 - a. All NSAIDs (non-steroidal anti-inflammatory drugs) and blood thinners, including prednisone, aspirin, warfarin, naproxen, ibuprofen, etc. If you need these products for your health, please **do not** stop your medication without permission from your primary healthcare provider. If you are taking any of these medications, please be aware that they can increase your risk of bruising.
 - b. Supplements that can increase bruising, some of which include alpha-lipoic acid, acetyl-L-carnitine, cinnamon, clove, CoQ10, chamomile, creatine, echinacea, ephedra, fish oil, garlic, ginger, ginkgo, ginseng, glucosamine, glutamine, goldenseal, L-carnosine, licorice, milk thistle, resveratrol, turmeric, St. John's wort & vitamin E.
4. Please avoid alcohol use 48 hours prior to your filler appointment because it can increase bruising.
5. If you are planning to have filler injected in or around your lips and you are prone to cold sores (herpes simplex), please let your provider know. We will prescribe an oral prophylactic anti-viral medication such as Valtrex for you to take.
6. Please avoid any filler if you are planning on receiving a vaccine 2 weeks before or after your treatment. If you test positive for COVID-19, please wait at least 2 weeks before receiving any filler.

Treatment Day

1. Prior to each treatment, come to the office 1 hour and 15 minutes prior to your scheduled appointment time, so that there is time for us to clean the treatment area, take photographs, and apply numbing cream one hour prior to treatment.
2. We recommend that you wear comfortable clothes to your appointments. We offer a disposable gown and a

headband if needed. If you tend to get cold easily from air conditioning, bring a sweater or light jacket to wear while you are waiting for the numbing cream to take effect. A good book, iPad or Kindle is also recommended.

3. All HA Fillers contain lidocaine inside of them to provide more comfort for our patients. Both of our physicians will do our best to reduce any bruising and swelling if possible. We offer a cannula technique that our patients have found to be more comfortable and result in less bruising.
4. The results that you see in the office prior to any swelling are the immediate results of the filler. Any swelling and redness will resolve with time.

Post-Treatment Instructions

1. You will want to apply ice packs in 20-minute intervals for 24-48 hours to minimize swelling and bruising.
2. Within the first 24 hours, you should avoid strenuous exercise and extensive sun or heat exposure.
3. You can immediately apply makeup and resume your normal skin care regimen.
4. You should call our clinic if you experience any severe pain or see whitening of the skin lasting more than 15 minutes, patterned redness lasting more than 2 hours, delayed redness, yellow bumps or pustules in the treatment area, discoloration in a net-like pattern or formation of sores.
5. LED light treatments can be done immediately after your filler treatment and every 48 hours after to reduce the duration of your bruising.

Possible Risks & Complications

You should not have an HA filler treatment if you are pregnant, breastfeeding, under the age of 18, if you have severe allergies manifested by a history of anaphylaxis or history or presence of multiple severe allergies, or a history of allergies to gram-positive bacterial proteins or lidocaine. HA fillers should be used with caution if you are on immunosuppressive therapy. The injections should not be done if you have any type of skin infection in the area being treated. Although uncommon, any procedure that punctures or breaks the surface of the skin carries a risk of a secondary infection.

After the injections(s), some common injection-related reactions can occur such as swelling, redness, bruising, pain, itching, discoloration and tenderness at the injection site. These typically resolve spontaneously within 1-2 days after injection into the skin and within a week after injection to the lips. Rare side effects include filler nodules, lumps, migration, bumps, or malar (cheek) swelling.

Approximately 1 in 2,000 treated patients have experienced localized reactions thought to be of a hypersensitivity nature. These have usually consisted of swelling and/or redness at the injection site, sometimes affecting the surrounding tissues.

Redness, tenderness, and rarely, acne-like formations, or infections have also been reported. These reactions have either started a few days after the injection or after a delay of 2-4 weeks to months and have been described as mild to moderate. Occasionally these reactions can coincide around the time of vaccinations, following dental work, and/or with viral illnesses (ex. COVID19). These reactions may require dissolving of the filler, antibiotics, oral steroids, lisinopril, or additional treatment.

Tracy M. Katz, MD FAAD

Jennifer Deaver, MD FAAD

There is a very small chance (less than 1 in 100,000) of filler injection into a blood vessel. This may result in skin injury, stroke, scar, ulcer, or blindness.

Recommended Post-Procedure Products

1. Clinician's Complex Post Injection Cream
2. Colorescience Mineral Corrector Palette SPF 20