

# WHAT TO EXPECT: COSMETIC FILLERS

OneSkin Dermatology offers a variety of cosmetic fillers depending on your goals! Products include collagen stimulators like Sculptra and Radiesse, HA fillers from the Restylane family, and Cellenis DermaPRP (filler from your own blood).

KEY BENEFITS: volume restoration, customizable results

## BEFORE YOUR TREATMENT:

- You should STOP using aspirin, Motrin, ibuprofen, vitamin E, garlic, St. John's wort or other anti-inflammatory medications, if okay with your prescribing physician. These medications should be held 7 days before the planned procedure, as they increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- Do not drink alcoholic beverages 24 hours prior to your treatment.
- We expect that you will have some bruising and swelling after the procedure. Over the counter Arnica supplements have been shown to decrease bruising. You may start taking Arnica 3 days prior to treatment if you wish.
- Inform the medical assistant if you have a history of medication allergies, history of anaphylaxis, and any other medical conditions.
- Make sure to schedule your treatment at least 1 month prior to an important event to allow time for touch ups, if needed.

## DURING THE PROCEDURE:

- We'll take before photos. Then the skin will be cleansed and marked with a surgical pencil.
- Depending on the type of filler – a local numbing may be used.
- Filler is gently injected either with a needle or cannula – this is chosen by your injector.
- Depending on the type of filler and area injected – the filler may be manipulated/massaged by your injector.
- After photos will be taken before you leave.

## POST PROCEDURE:

- Apply cold packs to the areas treated, avoiding pressure, as this helps reduce swelling and bruising.
- Expect treated areas to be red, swollen, and bruised for the first 2-5 days.
- You may take acetaminophen (Tylenol) if you experience mild tenderness or discomfort.
- Massage the treated areas only if instructed to do so. Sculptra- Follow the 5-5-5 rules: massage 5 minutes, 5 times a day, for 5 days.
- Avoid strenuous activity for the remainder of the treatment day. You may resume other normal activities immediately.
- You may take Arnica supplements, apply topical Arnica gel to decrease bruising; you may cover any bruising with makeup.
- Wait a minimum of 2 weeks before receiving any facial or massage treatments.

Contact 717-504-8426 with questions or concerns.

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills;
- Have discolored blotches in areas not injected;
- Have blanching/white appearance of injected areas;
- Notice the area appears red and/or hot to the touch;
- Have severe or increasing pain.

