

Dermatology & Dermatologic Surgery Group of Northern Virginia, PLLC

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Patient Information on Cosmetic Fillers Hyaluronic Acid

Filler Agents for Rejuvenation

- As we age, our cells lose the ability to produce hyaluronic acid and the skin becomes drier, thinner, and looser, leading to wrinkling.
- Hyaluronic acid is a naturally occurring polysaccharide whose role is to maintain skin volume and hydration. It adds support, structure and volume.
- Hyaluronic acid filler agents (Juvederm, Restylane, or Perlane) replace this volume, both physically and by binding water.
 - Hyaluronic acid filler agents may also stimulate natural collagen formation by the body to aid with volume replacement.
- Hyaluronic acid filler agents can be used simply to fill wrinkles and lines or they can be employed to restore facial volume and contours.
 - Some areas commonly treated with fillers including the nasolabial folds (cheeks), lines around the mouth (perioral), and lines on the lower jaw (Marionette lines).
- Fillers can also be used to improve the appearance of atrophic scars.

Filler Agents to Enhance Natural Features

- Because hyaluronic acid is a naturally occurring compound in the body, filler agents can be used to improve upon natural features, such as enhancement of the lips.

What is the Process of Treatment?

- Prior to treatment, the skin is cleansed and a topical anesthetic is applied. The topical anesthetic is kept in place for 20-60 minutes. After removal of the anesthetic, the face is cleaned with an antibacterial swab.

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- A nerve block may be used as an alternative or in addition to topical anesthetic.
- The filler is injected directly into the area to be treated using a very small needle. There may be a stinging or burning sensation as the filler is inserted.
- After the procedure, there may be some temporary swelling, redness, or minor bruising at the injection sites. This usually subsides quickly. Makeup can be applied immediately after the treatment.

Are there any medications I should avoid prior to my treatment?

- Medications that slow the rate of blood clotting (anticoagulants) increase the risk of bruising. These include: aspirin, ibuprofen, Motrin, Aleve, high doses vitamin E, ginkgo, ginseng, St. John's wort, coumadin, and plavix. Please do not discontinue prescription medications without discussing with a physician.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Prophylactic medication may prevent this.

How Long will Results Last?

- Depending on the product used, results last 4-8 months
 - o The advantage of having temporary results is that it allows for subsequent modifications to meet age and appearance-related changes.
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consider scheduling your next treatment as soon as you notice your results beginning to diminish.