

Dermal Fillers Treatment

Including Lip Plumping & Augmentation

Dermal fillers are injectable treatments designed to restore volume, smooth wrinkles, and enhance facial contours, providing a more youthful and refreshed appearance. Popular for lip plumping or augmentation, as well as enhancing features like cheeks, jawline, and under-eye areas, dermal fillers are safe, effective, and offer immediate results with minimal downtime.

WHAT TO EXPECT DURING YOUR DERMAL FILLER TREATMENT

- **Consultation:** Your treatment will begin with a consultation to assess your concerns, skin condition, and aesthetic goals. Based on this, your provider will recommend the best filler for your needs, whether it's for lip enhancement, wrinkle reduction, or volume restoration.
- **Numbing:** A topical numbing cream or a local anesthetic will be applied to the treatment area to minimize discomfort. Some fillers also contain lidocaine to further enhance comfort during the procedure.
- **Treatment Process:** Dermal fillers are injected into targeted areas using a fine needle or cannula. The treatment is precise, and your provider will carefully administer the filler to achieve natural-looking volume and contour. Lip plumping involves adding filler to the lips to create a fuller, more defined shape.
- **Sensation:** You may feel a slight pinch or pressure during the injections, but discomfort is generally minimal. After the procedure, you may experience mild swelling or bruising at the injection site.
- **Duration:** The treatment typically takes 15-30 minutes, depending on the area being treated. Lip augmentation may take slightly longer due to the delicate nature of the lips.

BEFORE YOUR DERMAL FILLER TREATMENT

- **Consultation Required:** If you are pregnant, breastfeeding, or have a history of severe allergic reactions, inform your provider, as dermal fillers may not be suitable for you.
- **Avoid Blood Thinners:** Avoid taking blood thinners, including aspirin, ibuprofen, and certain supplements (like vitamin E or fish oil) for at least 3-5 days before your treatment to reduce the risk of bruising and swelling.
- **No Alcohol or Caffeine:** Refrain from consuming alcohol and caffeine for 24 hours before your appointment as they can increase swelling and bruising.

- **Discontinue Retinoids or Exfoliants:** For 2-3 days before your procedure, avoid using any strong skincare products (such as retinoids or exfoliating acids) to prevent irritation at the injection site.
- **Arrive Makeup-Free:** Arriving with a clean, makeup-free face allows your provider to properly assess the treatment area.
- **Be Well-Hydrated:** Drink plenty of water before your treatment to keep your skin hydrated and facilitate better results.

AFTER YOUR DERMAL FILLER TREATMENT

- **Post-Treatment Swelling & Bruising:** Mild swelling, redness, and bruising are common and usually resolve within 1-2 days. For lip augmentation, swelling may last a bit longer but typically subsides within 3-5 days.
- **Slight Tenderness:** You may experience some tenderness at the injection sites, but this should diminish within a few hours to a few days.
- **Avoid Pressure on Treated Areas:** Avoid massaging or pressing the treated area for at least 24 hours. This ensures the filler settles properly.
- **Avoid Intense Heat & Sun Exposure:** For 24-48 hours after the procedure, avoid exposure to heat sources (e.g., saunas, hot tubs) and direct sunlight to prevent irritation and swelling.
- **Avoid Exercise:** Avoid strenuous exercise or activities that increase blood flow for 24-48 hours to reduce the risk of excessive swelling or bruising.
- **Hydrate:** Drink plenty of water to keep your skin hydrated and support the longevity of the filler.
- **Makeup:** You can apply makeup after 24 hours but use a gentle approach to avoid irritating the treated areas.

WHAT TO EXPECT POST-TREATMENT

- **Immediate Results:** You will notice an immediate improvement in the treated areas, with fuller lips or enhanced facial contours. The final results will continue to improve as any swelling subsides.
- **Natural-Looking Results:** The filler will integrate naturally into your skin, providing a soft, refreshed look. Lip plumping will give your lips more volume and definition, with the effects being subtle and smooth.

- **Continued Improvement:** As swelling subsides over the next 1-2 weeks, the filler will settle and produce a more refined result. For some patients, the final results can take up to 2 weeks to fully materialize.
- **Long-Lasting Results:** Dermal fillers can last anywhere from 6 months to 2 years, depending on the type of filler used and the area treated. Lip augmentation typically requires touch-ups every 6-12 months to maintain the desired fullness.

POST-TREATMENT CARE

- **Avoid Direct Sun Exposure:** For at least 1-2 weeks, avoid sun exposure and use a high-SPF sunscreen to protect your skin and prevent pigmentation changes.
- **Avoid Facial Massages:** Do not massage the treated area unless directed by your provider. This can displace the filler and cause uneven results.
- **Gentle Skin Care:** Stick to a gentle skincare routine after treatment. Avoid aggressive exfoliation or the use of harsh active ingredients like retinoids for the first week.
- **Touch-Ups:** For lip enhancement, regular touch-ups may be required to maintain the desired fullness. Your provider will discuss the optimal timing for follow-up treatments based on