



Filler Fundamentals

At High Point Medspa I use hyaluronic acid (HA) fillers. Hyaluronic acid occurs naturally in our bodies, but we start producing less of it as we get older. If you have an event to attend, I suggest that you get the injections at least two weeks prior, just in case there is bruising and swelling that will need time to resolve.

There are many HA fillers on the market in US. If you ever run into trouble with an HA filler we have an enzyme that can dissolve it.

Cosmetic injections are common, but they do have risks that I want you to be aware of so you can make an educated decision.

What are the risks?

The worst that can happen is vessel occlusion. It's when a small amount of the filler was inadvertently injected into the blood vessel, preventing the blood flowing within that vessel. That may result in tissue death or necrosis, permanent discoloration of the skin, scarring, and blindness. That's why it's so important to find and experienced injector.

At what age can I start getting injections?

I don't inject anyone younger than 18 years of age.

How long do fillers last?

HA fillers and their effects can last anywhere from 6-18 months, depending on patient metabolism, area, and volume injected.

After you made a decision to get filler injections here are a few steps I advise my patients to follow.

Before you appointment

- Avoid taking blood thinners, such as Aspirin and Ibuprofen 7-5 days before your appointment, unless you have a medical condition and advised to take these medications by your medical provider.
- A 5-7 days prior to your appointment avoid taking garlic supplement, Omega-3, and vitamin E, as they can thin your blood and increase the chance of bruising.

- You can start taking Arnica supplements 3 days before the appointment, unless otherwise directed. You can purchase the supplements at your local pharmacy.
- Avoid drinking alcohol 24 hours before your appointment.
- Come to your appointment without make up.
- Let me know if you are a smoker, pregnant, nursing, have clotting disorders, or other medical conditions.
- Be prepared to have your before and after pictures taken, I will not perform any procedure without it.

Post injection

Swelling, bruising and some redness is expected. If you experience worsening of the pain, pimple like lesions, and disproportionate to injection bruising, contact your provider immediately.

- Apply ice for 5-10 min every 2-3 hours to the treated area for the first 24 hours.
- You can take Tylenol(Acetomenophen) for any pain discomfort.
- You may apply Arnica gel as directed.
- Consuming fresh pineapple or pineapple juice may help with swelling and bruising because it contains a substance called bromelain, which reduces inflammation.
- Avoid taking a hot shower within 24 hr.
- Avoid going to the gym for at least 3 days as it may prolong the swelling.
- Avoid facials for 1 week.

I want to see my patients two weeks post procedure.