



## Dermal Fillers

### **What are Dermal Fillers?**

As skin ages, it begins to lose collagen filled with hyaluronic acid. Collagen and HA add structure and volume to the face, therefore a lack of hyaluronic acid causes the skin to sag and wrinkle. Dermal fillers are smooth injectable gels made from naturally occurring hyaluronic acid.

### **How Dermal Fillers Work?**

Dermal fillers add volume to weakened facial features and can stimulate collagen growth. Fillers plump the skin and gently lift it to restore collagen loss due to the normal aging process. Dermal fillers also stimulate the body to create its own natural collagen and restore your face to a more natural, youthful appearance.

### **What to know before and after?**

Dermal fillers are approved by the FDA and are minimally invasive and very safe. Post-procedure bruising and swelling are common and expected; however they are usually minimal and resolve quickly. It is recommended to stop medications that increase chance of bruising seven days before your treatment. Examples of these medications include: aspirin, ibuprofen, and fish oil. It is also recommended to avoid alcohol 24 hours prior due to increased risk of bruising. Dermal filler treatments typically take 20-40 minutes and the amount of dermal filler needed will depend on volume loss and the areas you would like to restore to its natural beauty. You will see results immediately after treatment. Dermal fillers typically last 6-18 months.