

Considering Injectable Fillers (Juvederm, Voluma, Volbella,® etc.)? Let us help address some frequently asked questions!

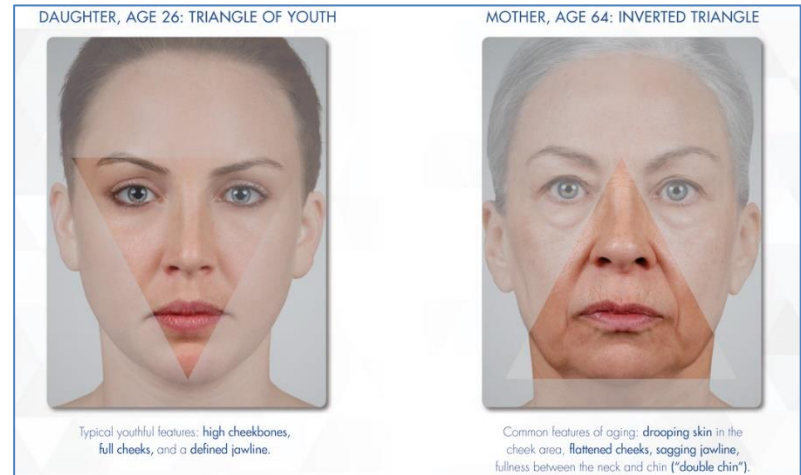
What are injectable fillers?

Fillers are substances designed to be injected beneath the skin to add volume and fullness. The main fillers used at Legacy Dermatology are composed of cross-linked hyaluronic acid. Hyaluronic acid is a natural component of our bodies found within the dermis of our skin. This molecule is responsible for maintaining the skin's volume and moisture and tends to decline with age.

What benefit can I expect from this treatment?

Fillers can be used to reduce the appearance of age-related volume loss and wrinkles. As we all undergo the natural aging process, our anatomical structures are slowly degrading. Over time, our skulls and deep facial fat pads begin to shrink, resulting in loss of the natural "scaffolding" that formerly supported the overlying skin. Furthermore, the skin itself is undergoing breakdown of collagen and elastin within the dermis, resulting in fine lines, wrinkles, and skin laxity. This naturally-occurring loss of facial architecture is the main cause of an aged appearance. Using carefully-injected fillers placed at various depths within the soft tissue, we are able to resculpt, redrape, and revolumize the facial tissues to help overcome the appearance of aging.

As a general rule, fillers can take off about 2-10 years of perceived age, and with proper maintenance and upkeep, the look can be maintained indefinitely. Best long-term outcomes involve coupling fillers with other treatment modalities, including medical-grade anti-aging skincare products, lasers, skin tightening procedures, and others. Talk with your provider about our comprehensive cosmetic treatment plans if you are interested in knowing all your available options.



How can I trust that I won't come out looking "fake" or "overdone"?

If you are someone seeking a very natural-appearing outcome, you have come to the right place. At Legacy Dermatology, our goal is to help our patients age with grace and class. Our goal is to help to *restore and maintain normal healthy facial anatomy and architecture*, which, if left to its own devices, will ultimately and inevitably begin to appear aged, as explained above. By simply putting back and maintaining what is naturally being lost, we can help to restore one's natural youthful appearance, in a way that looks refreshed, subtle, and well-balanced. Our providers are extremely experienced, high-level injectors with a vast understanding of normal anatomy, facial symmetry, and proportions of beauty. We have become well-known in Frisco for our beautiful, tasteful outcomes and extremely natural-looking results. Our patients often give us feedback that others comment that they look "refreshed," and "well-rested," but rarely does anyone realize that the secret is expertly-placed filler. Please feel free to visit our website to view our before and after gallery of results (www.legacydermatology.com).

What is the difference between the various fillers you use, and how long do they tend to last?

Some of the fillers we use are cross-linked in a way that makes them soft and supple, making them best suited for areas like the lips, the perioral and nasolabial areas, and in other superficial planes of the face. Other fillers are cross-linked in a way that makes them firmer, allowing them to be placed in deeper planes for more structural support. The longevity of fillers can vary depending on the location where it is placed (i.e. it lasts longer around the eyes than around the mouth), and also on the person (i.e. some patients, especially those who exercise a lot, may metabolize their fillers more quickly). As a general rule of thumb, Juvederm Ultra and Juvederm Ultra Plus tend to last about 9-12 months; Volbella tends to last 12-18 months; and Voluma tends to last for up to 2 years. Our choice of fillers will depend on each individual's anatomical needs, budget, and desired outcome.



When is a good age / time of life to begin getting fillers?

The answer is that if you are beginning to notice unwanted changes in your appearance related to volume loss, it is rarely too early and never too late. The truth is that bone, fat, and collagen levels begin to decline in everyone at around the age of 30, and our facial volume continues to decline by about 1% per year thereafter. Therefore, the first signs of volume-loss-related aging tend to begin around the early to mid-30's. With this in mind, some patients in their late 20's to early 30's opt to begin getting fillers in order to "stay ahead" of the volume loss and maintain their normal appearance. Some refer to this as "pre-juvenation," as we are essentially preventing the aging process with this approach. For others who are in later decades of life, fillers can still make a big difference in "rejuvenating" the facial appearance, helping to overcome the prior years of volume loss by restoring some of the former normal facial architecture. Patient beginning fillers later in life may need more syringes to achieve optimal results.

Do you treat both men and women with fillers?

Yes! We have many filler clients who are men, and they have given us feedback that they are feeling more confident in the workplace and in their relationships now that they have been able to secretly "turn back the clock." Because men and women differ greatly in terms of facial structure and the ideal proportions of attractiveness, it is important for men to seek their injections from providers who possess the knowledge and expertise it takes

to avoid creating an overly-feminized look. At Legacy Dermatology, our expert injectors have extensive experience and training in treating men and a great respect for creating natural, masculine results.

When will I start seeing results, and how will I look after treatment?

Immediately upon treatment with filler, we will be able to see volume improvement. Often, there is some immediate mild soft tissue **swelling** from the injections that makes the immediate appearance look slightly fuller than it will ultimately be. Over the next 1-5 days following the injection, the filler tends to “hydrate,” which involves the product pulling water into the area. This is an important and necessary step in the treatment process, and note that during this time, the filler may appear somewhat more “puffy” and “swollen” than desired. This is a normal and expected part of the treatment process. By 1 week post-treatment, most people’s swelling is greatly improved, and usually by 2-3 weeks post-treatment, the results have usually settled into their final outcome. Sometimes, there can be **bruising** following treatment, depending on the patient and area being injected. This bruising can result in visible discoloration of the skin that can take 1-2 weeks to fully resolve (occasionally longer) and which is usually easily covered by concealer makeup. Larger, deeper bruises are rare and can contribute to tissue swelling. If you know you tend to bruise or swell easily, are taking blood thinners, or have other particular concerns about swelling and bruising, talk with your injector about steps we can take to reduce these risks.

Is there any downtime to the procedure?

The simple answer is: probably not, but it’s always best to “expect the worst, hope for the best.” For the vast majority of patients, there is zero downtime to this procedure. Simple application of a concealer makeup after treatment is usually enough to cover any injection marks or small bruises, and swelling is typically subtle and not highly noticeable. Most patients return to work the same or next day. In certain cases and with certain fillers and treatment areas, the chances of bruising and swelling are greater, which may result in a desire to avoid social interactions or big public appearances for 1-2 weeks. If you have a big event coming up and want to make sure you are looking your best, we would recommend scheduling your filler at least 4 weeks in advance, and possibly longer. Be sure to let your injector know of your upcoming social plans during your consultation to allow for optimal timing. For those of you who enjoy regular exercise, we ask that you take the rest of the day off following your injections, but you may resume exercise the following day.

What are the risks of this procedure?

Filler complications are very uncommon in our practice and largely depend upon the anatomical location being filled and injection technique. Some of the more common adverse effects include bruising, swelling, discomfort, asymmetry, palpability of the filler under the skin surface, and lumps. Other rarer side effects that may occur include infection, skin necrosis that could lead to scarring, and blindness. At Legacy Dermatology, we have a very gentle approach, have extensive training and experience, and go to extreme measures to ensure the safety of our patients. Furthermore, in the unlikely event that a filler complication were to occur, we have detailed, medical-grade safety protocols in place to allow us to reverse and dissolve the filler quickly, thereby greatly reducing the chances of any long-term problems. Unfortunately, there are many “med spa” or “filler house party” injectors in the DFW area who do not have the extensive anatomical training, nor the safety protocols or tools in place to handle complications. For your health and safety, we suggest you do your research and strongly consider getting your filler work done at an advanced medical facility such as ours, as we have seen very serious complications arise when filler has been injected by others who lack the proper technique and protocols.

What are my pre-injection instructions to ensure my best outcome?

- For 1 week prior to your treatment, please avoid any unnecessary blood thinners. This would include Vitamin E, aspirin, ibuprofen (Motrin), naproxen (Aleve), other NSAIDs, garlic supplements, green tea and extract, ginkgo, St. John’s Wort, and alcohol (>1 drink/day). If you are taking prescription blood thinning medications such as warfarin (Coumadin) and clopidogrel (Plavix), there is a significant risk of major bruising, so please talk with your provider in detail to determine if you are a good candidate for treatment.
- To reduce the tendency for swelling and bruising, please avoid any alcohol, caffeine, niacin supplement, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and cigarettes for 24-48 hours before and after your treatment.
- If you are receiving injections around the mouth, let us know if you are prone to fever blisters/cold sores so we can provide you with valacyclovir. We recommend taking a 2-gram dose the day before or the day of treatment and repeated 12 hours thereafter.
- If you are prone to bruising, we recommend starting a 5-day course of arnica montana 2 days prior to injection, which you may purchase from our office or at a health food store.
- If you are prone to swelling, we may prescribe a short course of prednisone to minimize this; speak with your provider for more details.

How much does filler treatment cost?

Treatment will vary from person to person and will depend your personal needs, budget, and goals and can range from as low as \$350 to as high as several \$1000. Note that we offer discounts for multiple syringes of filler injected on the same day. We also offer a program called Brilliant Distinctions, which allows you to earn coupons and credits to be used towards discounts for injectable treatments. If financing is desired, please talk with our staff about CareCredit, which often allows qualified participants to finance their treatment over 6 months with little to no interest.

In summary, injectable fillers are a safe & wonderful way to help maintain your freshest, healthiest appearance. Come see us for a custom consult!

Note: the above information is provided to ensure your full informed consent prior to undergoing this treatment. After your review and acknowledgement of this information, a formal signature of your consent will be obtained in our Electronic Medical System prior to performing your procedure.