

DERMAL FILLERS INFORMATION SHEET

What are dermal fillers?

Dermal fillers- when used by a doctor with an artistic eye combined with skill and experience- can be used to sculpt the face and restore a natural, youthful look. Fillers are used to erase wrinkles, plump the lips, add volume to the face, and to hide scars from acne, surgery and trauma. Fillers do not affect muscle motion or facial expression. When fillers are injected properly, they look very natural and undetectable.

Filler injections can be performed quickly and safely with minimal discomfort and they provide instant results. There are many types of fillers available on the market. Dr. Baumann and her research team performed the research trials on most of the available fillers including Restylane, Juvederm, Sculptra, Voluma, and Radiesse. In many cases, by the time the filler is approved by the FDA, Dr. Baumann has had at least 2 years of experience using the products and teaching other physicians about the subtle differences between the various brands.

What are the different types of dermal fillers?

Hyaluronic acid (HA) - Many HA products have been approved in the US for the treatment of wrinkles including: Hylaform, Juvederm Ultra, Juvederm Ultra Plus, Perlane, Prevelle, Belotero and Restylane. Each of the HA dermal fillers has distinguishing characteristics. For example, Belotero and Juvederm are the softest and best for the body of the lips and large areas such as the cheeks but only Belotero is used for superficial lines such as crow's feet and smokers lines around the mouth. Restylane is stiffer and is ideal for the lining of the lips, raising the tip of the nose and pulling back sagging facial skin. HA is a naturally occurring sugar found in the skin that helps skin hold onto water. It is broken down by natural processes and has a positive long term effect on the skin by coaxing skin cells to produce youthful substances such as collagen and HA. Using HA injections in the skin may help prevent some of the signs of skin aging. HA can be broken down within hours using an injection of hyaluronidase- a naturally occurring enzyme- therefore the results are completely reversible making this Dr. Baumann's favorite type of dermal filler.

Radiesse- Radiesse is made from calcium hydroxylapatite which has been safely used for many years for facial reconstruction. It is used as a structural filler to enhance cheekbones, jawlines and facial folds. It can be seen in X-rays and is not a natural component of the skin.

Sculptra- Sculptra is a "dermal stimulator" because it stimulates your skin cells to make their own collagen. Sculptra differs from the above mentioned dermal fillers because it does not offer instant gratification like the dermal fillers do. Sculptra is injected once a month. For the first 2 months, you will see minimal to no improvement. After 3 months of injections, you will begin to see

improvement of lines and increased volume. Injections are performed every month until the desired result is achieved- which is usually 3-8 injections. Once the desired result is achieved, the results usually last 2- 3 years. Dermal stimulators can be combined with dermal fillers in order to achieve both immediate short term correction and delayed long term correction.

What are the risks?

You should plan not to have any important social events for a week after dermal filler injections in case of bruising or swelling. The risk of bruising can be decreased by ibuprofen, aspirin, alcohol and omega 3 fatty acids. We have a list of agents to avoid that we can give to you. Bruises are most likely to occur from injections under the eyes and on the jowl area. If bruises occur, they take 7-10 days to disappear. A vascular laser treatment can be performed 24 hours after the injections to speed the resolution of bruises (at a cost of \$100). Redness and swelling can occur for 1- 3 days. Sculptra injections can cause small lumps under the skin. Please see the consent form for a list of unexpected risks.

How long will results last?

Results with the HA fillers (Restylane, Juvederm, Belotero, and Perlane) generally last 6 months- 9 months. Some studies have shown evidence that the results last longer than 9- 12 months with repeated injections. Results from Sculptra may last 2- 3 years. Touch-up treatments may be needed sooner.

Who cannot get dermal fillers?

You should not get dermal filler injections if: you are allergic to lidocaine or hyaluronic acid, are pregnant, breastfeeding, have a herpes blister in the area to be treated, or if you have a disorder that prevents blood from clotting.

Feel free to call us with any questions 305-532-5552 or email us at DrB@derm.net.