

TURNER DERMATOLOGY

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Dermal Fillers

Dermal fillers are a popular cosmetic treatment known for their ability to restore volume, smooth out lines and wrinkles, and enhance facial contours. They are commonly used to address signs of aging and improve overall facial appearance. By adding volume to areas such as the cheeks, lips, and temples, dermal fillers can create a more youthful and refreshed look. They can also be used to fill in fine lines, wrinkles, and creases, giving the skin a smoother and more even texture. Additionally, dermal fillers can enhance facial contours, such as defining the jawline or filling in hollow areas under the eyes.

Dermal fillers can be used to target specific areas of concern, and different types of fillers are available to suit individual needs and preferences. Dermal fillers are typically made from hyaluronic acid, a substance that occurs naturally in the body and helps to hydrate and plump the skin.

Pre-Treatment Instructions for Dermal Fillers:

- **Cold Sores History:** Inform the doctor if you have a history of cold sores to receive advice on antiviral therapy prior to treatment. If you have a history of cold sores, you should take a prophylactic tablet once a day for 7 days, starting the day BEFORE the procedure.
- **Skin Condition:** Ensure the treatment area is free of cold sores, inflammatory acne and eczema.
- **Medications to Avoid:** Avoid anti-inflammatory and blood-thinning medications for at least one week before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS can increase the risk of bruising and swelling after injections.
- **Alcoholic Beverages:** Avoid alcoholic beverages 24 hours before and after your treatment to help prevent additional bruising and to improve the overall healing process.
- **Eat Before Treatment:** Have a good meal, including food and drink, before your procedure to decrease the chances of lightheadedness.
- **Facial Hair:** If you have facial hair, please shave the treatment area one day before your scheduled treatment especially by the jawline and chin.
- **Dental Work:** Avoid dental work, including standard teeth cleaning, at least 14 days prior to treatment and 30 days following treatment.
- **Oral Surgery:** Avoid oral surgery at least 30 days prior to treatment and 30 days following treatment.
- **Vaccine Window:** Patients must not have received a COVID-19 or shingles vaccine within 30 days before or after their appointment, nor had a COVID-19 infection in the last 30 days.

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Day of Treatment:

- **Topical Anesthetic:** A topical anesthetic may be applied to maximize your comfort during the procedure. Please arrive at least **15 mins** prior to your appointment to ensure application. Inform the doctor of any allergies to lidocaine, benzocaine or tetracaine.
- **Arrive with a Clean Face:** Makeup and impurities can interfere with the treatment and initial topical application of the anesthesia.
- **Immediate Post-Injection:** You may experience tenderness following injection. Redness, bruising and swelling are common. A cold pack may be applied to alleviate any sensations.

Post-Treatment Instructions for Dermal Fillers:

- **Post-Treatment:** After the treatment, feelings of firmness or asymmetry of swelling may occur in the treated area, which can happen as the filler settles into place and these may subside within 7-14 days. Similarly, bruising, which may occur after the treatment, can take up to 7 days to resolve.
- **Avoid Pressure:** Avoid placing excessive pressure on the treated areas for the first few hours and up to 2 to 3 days.
- **Avoid Strenuous Activities:** Refrain from strenuous exercise or activities for the remainder of the treatment day to limit bruising and avoid the gym to decrease risk of infection due to sweating or contact with equipment.
- **Pain Relief:** If not allergic, you may take acetaminophen (Tylenol) for mild tenderness or discomfort. Remember that NSAIDs (things like Aleve, Motrin, Aspirin) can worsen bruising or bring on bruising.
- **UV Exposure:** Avoid extended UV exposure until any redness/swelling has subsided and apply SPF 30+ sunscreen.
- **Skin Care/Laser Treatments:** Wait a minimum of four weeks before receiving any invasive skin care or laser treatments.
- **Follow-Up Appointments:** Attend follow-up appointments with your healthcare provider to review your progress and discuss any concerns.
- **Report Any Unusual Reactions:** If you notice unusual redness, an unusual pattern of bruising (especially distant from the treatment area), swelling, persistent pain, or signs of infection (such as increased redness, warmth, or discharge), contact your healthcare provider promptly.

Remember, individual healing experiences may vary, and it's crucial to follow your provider's specific instructions for optimal results and minimal complications. If you have follow up questions, please call the office at 212-644-8581, M-F 9-5 PM. For after-hours inquiries, the physician's direct contact information is available on our voicemail.

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Skincare Routine Recommendations

The skincare routine outlined below should be done for at least 7 days after your treatment. After the initial 7 days, continue to use SPF daily.

Gentle Cleanser: Use a mild, non-irritating cleanser that is suitable for your skin type. Look for a product that is free of stronger active ingredients (glycolic/salicylic acids), fragrances, and alcohols.

Recommended Gentle Cleansers

CETAPHIL | Gentle skin cleanser
CERAVE | Hydrating Facial Cleanser
LA ROCHE-POSAY | Toleriane Hydrating Gentle Face Cleanser

Moisturizer/Serum: Choose a gentle, hydrating moisturizer or serum that provides adequate moisture without clogging pores or causing irritation. If using both serum and moisturizer, apply the serum first and then the moisturizer.

Recommended Serums

TRNR SKIN | Niacinamide 5% Restorative Serum
LA ROCHE-POSAY | Hyalu B5 Hyaluronic Acid Serum
THE ORDINARY | Hyaluronic Acid 2% + B5 Hydrating Serum

Recommended Moisturizers

TRNR SKIN | Prebiotic Lipid Nourishing Moisturizer
LA ROCHE-POSAY | Toleriane Double Repair Face Moisturizer
CERAVE | Daily Moisturizing Lotion

Sun Protection: Choose an SPF of at least 30. We recommend a mineral sunscreen to help minimize irritation to the skin that a chemical sunscreen may cause.

Recommended Sun Protection

LA ROCHE-POSAY | Anthelios Ultra-Light Mineral Sunscreen SPF 50
LA ROCHE-POSAY | Anthelios Mineral SPF Moisturizer with Hyaluronic Acid SPF 30
SUPERGOOP | Mineral Unseen Sunscreen SPF 40

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