



**HORVATH DERMATOLOGY**

A S S O C I A T E S

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## **Cosmetic Filler Information**

Hyaluronic acid fillers are used to add volume or fill in wrinkles to areas in the face and hands. Discomfort is typically mild-moderate as a topical numbing medicine is applied to the treatment area for 10-20 minutes prior, and the treatment lasts about 15 minutes per syringe. Do not schedule fillers during pregnancy/breastfeeding. If this is your first cosmetic treatment, consider scheduling a consult first. The fee is \$100, however if you have any cosmetic treatment performed by Dr. Kreizenbeck within the following 6 months, you will have \$100 off.

Some swelling and redness are common. On average, 50% of patients experience some bruising. This can range from a few small dark areas to more extensive bruising which can last longer (rarely 2-3 weeks). Typically, these minor side effects may be covered with make-up the following day.

### **1 week before your appointment:**

**Please do NOT take even 1 pill of ASPIRIN, or pain relievers such as: Motrin, Aleve, Ibuprofen, Excedrin; also avoid vitamin E, AREDS, fish oil, omega-3's, niacinamide/nicotinamide, turmeric/curcumin, St. John's wort, garlic, ginseng, green tea, or ginkgo biloba supplements for 7 days prior to injections.**

Tylenol (acetaminophen) is ok to use before and after.

*Please REVIEW your social engagements for the 2 weeks following your cosmetic procedure. You may experience bruising, redness or swelling during that time.*

If you are on a prescription blood thinner such as Coumadin, Plavix, Pradaxa, Xarelto then you should continue this prescription medicine and expect more significant bruising that may last up to 2 to 3 weeks. If you have a history of heart attack, blood clot, embolism, or stroke it is not worth the risk to discontinue aspirin or blood thinners for cosmetic treatments.

If you have a history of cold sores (Herpes Simplex) on the face or lips, please make sure you inform Dr. Kreizenbeck (medication can be prescribed to prevent an outbreak following filler injections). Ideally you would start taking this the day of, or the day prior to, injections and for the following 5 days.

***Please come to your appointment with a clean face, no make-up please.  
Eat a small meal or snack before your appointment.***