

# FAQ's for Dermal Fillers

## What are Dermal Fillers?

Dermal fillers are a gel-like substance injected into tissue to increase volume in areas of deficiencies or used to enhance facial contours and/or lips. Dermal fillers can improve areas of volume loss, can assist in minimizing creases and lines, and can help with saggy skin.

## How do they work?

Hyaluronic acid fillers help with wrinkles and skin laxity of the aging face. As we age, we start to lose bone mass and also collagen and elastin in our skin. These two factors will cause our skin to sag and also develop wrinkles and/or creases. Placement of filler in these areas will hydrate and fill in these deficiencies. Dermal fillers can increase volume and also hydrate your tissues, reducing signs of aging.

## Is there recovery time?

Very little recovery time. You may be swollen for 3-5 days. We recommend arnica and ice to reduce swelling and bruising.

## Any pain or bruising?

Some pain is associated with lip filler but we offer several options to make it tolerable, including a dental block. Dermal filler, in other areas, are associated with very little pain. There is a chance of bruising. We send you home with arnica and ice to reduce bruising and help with healing. If your lips bruise, you can use concealer then your favorite lipstick to cover the bruise (after 24 hours).

## Results?

Results are immediate. Immediate results will have swelling associated with it, we encourage ice and arnica to reduce swelling and bruising. Swelling can last 3-5 days.

## How long does the procedure take?

Depending on area of treatment, it can take 20-30 minutes. For lips, you will numb for 30 minutes prior to treatment.

## Will I need multiple sessions?

It is recommended to get treatment again between 9 months to 18 months depending on the area. Lips are needed more often due to how quickly they metabolize.

## Who is a candidate?

Anyone who is wanting more volume in their face or lips, wanting to address wrinkles of mid to low face, and to assist in sagging skin and folds.



A Touch of Energy Wellness  
(513)620-7185