What are Temporary Fillers?

Temporary fillers are injectable fillers used to correct minor indentations caused by fine lines, wrinkles or scarring and volume loss. These products are also used to augment and help improve imperfections. These fillers work by “filling” or “plumping” the wrinkles or deep depressions known as “static wrinkles”. “Static wrinkles” are the lines that have formed in the skin on a more permanent basis. For example, as we age, the marionette and nasolabial folds (smile lines) become more pronounced and are visible even when we’re not smiling. Filler also help with adding back structure – i.e cheeks. Injectable fillers typically last for approximately 3-6 months, and sometimes more depending on where it is placed.

Temporary Fillers are injectable fillers composed of hylauronic acid. Hylauronic acid is a natural substance that is found within the body, which eliminates any need for allergy testing and ensures its safety and effectiveness.

Dr. Sapra and the injector nurses will help to determine which product would be better suited for your needs. Hylauronic acid can hold 1000x its weight in water. Therefore, when the filler is injected into the skin, water is drawn to the site of injection which also helps to “fill” the depression or wrinkle.

Pre-Treatment

Stopping the use of aspirin and Vitamin E and the consumption of green tea is recommended 3-5 days prior to treatments to reduce the possibility and/or amount of swelling. There are many other things that can contribute to bruising and swelling, so is recommended that each patient look into the possible causes and take necessary precautions. It is important to discuss any dental work that is being performed before or after any filler treatments with the nurse performing your treatments. If possible please come into clinic with face cleansed and make up free.

Details of Procedure

Patients typically can expect to come in for pre-treatment photos so that progress can be documented and a numbing cream can be applied at this time to site being treated to ensure that the procedure is tolerated well. The numbing cream is typically applied for anywhere from 30 minutes to 1 hour. Your nurse injector will then cleanse the skin of all topical numbing and any residual make up prior to starting treatment.

Post Treatment Care

Patients can help to reduce the possibility/amount of swelling by using icepacks on the areas that were treated. Also, if you have a history of cold sores, Valtrex may be prescribed for you to reduce the risk of an outbreak.

In the event of a bruise or redness, your nurse can apply an anti-microbial make up to limit the appearance of post treatment symptoms, and topical arnica applied to the treatment area can sometimes shorten the duration of any bruising.

Possible Side Effects

Patients may notice some swelling and/or bruising in the area that was treated, especially in the lips and tear troughs (under eyes). This is quite normal and will subside in approximately a week to two weeks post treatment. Healing time for
patients will vary, and some may not experience any swelling or bruising whatsoever. After the freezing has worn off, the areas may also be a little tender for a few hours up to a few days.

*Please Note-- We do require a 20 % deposit when booking all procedures in the Skin Spa.

Also, due to the large volume of bookings, we do require 48 hours’ notice of cancellation. The cancellation fee is $50.00 for every ½ hour of appointment time that is cancelled without the appropriate 48 hours’ notice. If purchasing packages of treatments, please be advised that packages will last a full year from the date of the first treatment, unless noted otherwise.