



### **Instructions for Dermal Fillers (Restylane and Juvederm)**

1) Dermal fillers soften facial wrinkles, especially of the lower face. Fillers do not get rid of the wrinkles completely, but most people feel there is a natural-appearing lessening or softening of their wrinkles. Fillers today are made of the same materials we have deeper in our skin. So they are generally very safe. Some people have wrinkles that are deeper than others and can benefit from more filler, but unfortunately more material does cost more money.

2) A 30-45 minute procedure appointment is needed for filler injection(s) - make sure to specify that you need this longer appt. If you do not specify, you most likely will be given a 15 minute appt which is unfortunately not enough time to do the procedure. You can arrive 30 minutes earlier than your appointment for a numbing cream, but you must inform scheduling staff to put this in scheduling note. (Some people elect not to arrive early for a numbing cream. Some have their doctor prescribe a numbing cream to apply at home and others go without numbing as the procedure is just tiny pin pricks and there is a numbing medicine in the filler.)

3) After your treatment, you will have some redness and swelling. This is normally less than seven days but could be as long as two weeks. Cold compresses may be used immediately after the treatment to reduce this. (Wrap an ice pack in a towel and apply no more than 20 minutes per hour.) Make up can be used to conceal. If the redness and swelling last longer than two weeks or seems excessive, contact the doctor. Also, contact the doctor if any scabbing. Rarely, there have been reports of a filler blocking the flow of a blood vessel causing the skin to break down and scab. Although this is rare, there are treatments that can be done in the office to try to reverse this. Even more rarely, a filler can go into a blood vessel and cause blindness. Nowadays, we use a different sort of needle (a cannula) in riskier areas to make this rare risk even rarer.

4) Avoid touching the treated area within six hours following treatment. Do not massage the injection sites. The area can be gently washed.

5) Sun protection is important as any healing skin takes up sun more.

6) Avoid exercise and alcohol for six hours after treatment.

7) You can take anti-inflammatory medicines like Tylenol or Motrin after procedure if needed for pain, but it is not usually needed. However, avoid taking aspirin, non-steroidal anti-inflammatory medications (like Motrin), St. John's Wort, high doses of vitamin E, or alcohol for two weeks before procedure as this can increase the risk of bruising. (Tylenol is ok within the two weeks before the procedure.) You may develop a headache after the procedure.

8) Bruising may occur after procedure. You can use make up to conceal this.

9) If you have previously suffered from a facial cold sore, there is a risk that the needle punctures could contribute to a recurrence. Speak to the doctor about a medication that may minimize recurrence.

10) Two weeks after procedure is a good time to judge your results. If you have any questions or concerns especially at that time, please call the doctor. The results should last at least six months. Most people's results last 9-12 months. We can do a touch-up