



## Fillers (Juvederm<sup>®</sup>, Restylane<sup>®</sup>)

### What to Expect During Consultation/Treatment

You will be asked basic medical history questions.

The doctor will perform a facial analysis and discuss your treatment goals.

Pre-treatment photographs may be taken.

You should avoid applying makeup prior to your treatment.

You should avoid blood thinners (aspirin, Plavix, Coumadin, Xarelto, Eliquis, etc.) several days prior to your treatment. Please consult with your prescribing physician prior to stopping these medications.

The skin overlying the treatment area will be cleaned with alcohol.

The pain associated with fillers is slightly greater than the pain with Botox. The new filler products, however, have a local anesthetic. After the first pass of injections, the treated area should begin to go numb.

You can expect 5 – 10 injections based on desired treatment area.

The area will be gently massaged to smooth out the filler.

### Post-Treatment Instructions

#### General Instructions

Avoid exposing scars to the sun for at least 12 months.

If sun exposure is unavoidable, use strong sunblock (SPF 30 or greater).

You may wear makeup with sunblock protection.

Stay out of the sun until redness and bruising subside (48 hours).

Patients should avoid aspirin and non-steroidal anti-inflammatory drugs (Motrin, Advil, St. John's Wart) or high doses of Vitamin E supplements for 7 – 14 days prior to injection because these substances can increase bleeding or bruising

Inspect daily for signs of infection.

#### Diet

You may resume your regular diet.

#### Activity

There are no activity restrictions with this treatment.

#### How Should I Feel?

Temporary stinging, throbbing, burning, redness, swelling or bruising may occur.

Redness/bruising usually lasts 48 hours.

Swelling may last several weeks.

#### How Long Does it Last?

On average, the effects last 12 – 18 months.

#### Follow-Up

A follow-up appointment should be made for 4 weeks after treatment.

With regular follow-up treatments, the results can easily be maintained.

#### Call the Office If:

You experience increased swelling or bruising.

Swelling and redness persists beyond 72 hours.

You experience severe or increased pain.

You develop a rash, nausea, headache or start vomiting.

You develop a temperature over 100.4 degrees.

You experience greenish or yellowish discharge.

You notice a foul odor from the treated area.

You experience loss of feeling or motion.

You notice signs of abscess, open sores, skin peeling or lumpiness.