



EXPECTATIONS AND SCHEDULING FOR DERMAL FILLERS (JUVEDERM/VOLUMA/RESTYLANE)

WHAT TO EXPECT

Dermal fillers are injected under the skin to add volume to the treatment area and “plump up wrinkles.” Discomfort is mild, as topical numbing cream is applied to the treatment area prior to injection. Providers can, upon request, perform a dental block for patients who are having lips or the area around the mouth treated, but most patients do not find this necessary. Numbing cream is removed prior to treatment.

SIDE EFFECTS

Side effects following injection vary by patient. Some swelling is common and can be moderate to severe, particularly following injections in the lips. Swelling typically begins to subside after 24 hours. Mild bruising also is common, but usually can be covered with makeup. If you are concerned about side effects and scheduled social engagements, we recommend you schedule treatment up to two weeks prior to the event.

SCHEDULING

Considerable time is given to the injection of dermal fillers. Therefore, we ask that you schedule an appointment **ONLY** if you are certain you would like treatment. If you are undecided, have questions or have not had filler in the past, we will ask that you see our Aesthetic Nurse for a cosmetic consult before scheduling an appointment for treatment. Please consider any upcoming social engagements and possible side effects when scheduling your appointment.

PRE-TREATMENT

Please remember the following in preparing for a treatment appointment:

- Discontinue use of Retin-A, retinol, or other products derived from Vitamin A, seven (7) days before treatment.
- Do not take aspirin, Vitamin E, St. John’s Wort, garlic or ibuprofen (e.g., Motrin, etc.) for at least 7-10 days prior to treatment.
- If you take a prescription blood thinner (e.g., Coumadin, Plavix, Pradaxa, Xarelto), check with the prescribing physician to see if you are able to stop taking it for 7-10 days before your appointment and for at least 2 days following treatment.
- If you have a history of Herpes Simplex (i.e., cold sores) on your face, make sure you inform us. We will prescribe a medication to prevent an outbreak.
- Come to your appointment with a clean face. **NO MAKE-UP, PLEASE!**
- Eat a small meal or snack before your appointment.

Take Tylenol one hour before you appointment to help with any discomfort you may have.