

INJECTABLE FILLERS:

Injectable fillers provide a safe and easy way to enhance the face and restore lost volume. Please follow the instructions below after your treatment. If you have any questions after you leave your appointment, please call our office.

Post Juvederm, Restylane, Voluma Instructions:

- You may have significant swelling after injections, especially if lips were treated. Applying ice/cool compresses to the treatment area helps to reduce swelling. 20 minutes on and 20 minutes off five times a day is a general guideline. Avoid direct ice/frozen packs directly on the skin.
- No lipstick for 24 hours. Apply Aquaphor with a clean Q-Tip
- Taking an over-the-counter antihistamine (Zyrtec, Claritin) daily may help with swelling.
- You may have bruising that develops immediately after the treatment but can take up to 48 hours to be noticeable. Most bruising that occurs will resolve with time on its own.
- You may take acetaminophen/Tylenol for pain. It is best to avoid aspirin or NSAIDS such as Ibuprofen because they may increase your potential to bruise.
- Once fully healed two weeks out from your initial injection, if you feel any lumps or bumps in the treated area, you may massage the lumpy area with constant pressure for two minutes and repeat up to five times a day. If the lumps or bumps are bothersome to you, please call our office.
- Avoid strenuous exercise or activity for the remainder of the treatment day (including yoga, pilates, etc). You may resume other normal activities immediately and exercise after 24 hours.
- If you experience any redness, itching, or welts, please call our office. Benadryl is an over the counter medication that can help.
- Avoid drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling.
- We recommend waiting a minimum of 2 weeks before receiving any facial, facial massage, skin care, or laser treatments to the face.
- Additional treatments may be necessary to achieve the desired level of correction.

Call our office during office hours if you experience any of the following: Increasing pain, swelling, significant bruising or darkening around the treatment area, notable change in temperature to the skin surrounding the treatment area, fever over 100.5 or any other concerns you might have. If it is not during office hours, contact your doctor or go to the emergency department.

SpaDerma office phone number: 773-529-5277

Juvederm Ultra, Ultra Plus, Vollure, Volbella - lasts 6 to 12 months. Treats lips, nasolabial folds, marionette lines

Juvederm Voluma - lasts 18-24 months. Treats midface volume loss /cheeks

Restylane, Refyne, Defyne - lasts 6 to 12 months. Treats lips, nasolabial folds, marionette lines, tear troughs

Restylane Lyft - Lasts up to 12 months. Treats midface volume loss, nasolabial folds, marionette lines

Restylane Silk - lasts up to 6-9 months. Treats fine lines, tear troughs