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Injectable Fillers: Juvederm, Radiesse, & Restylane

What do fillers do?

Fillers are injected into the superficial layers of the skin to replace volume loss and soften wrinkles due to the normal aging process. They may also be used to contour certain facial areas, such as the cheeks or chin.

Where are fillers used?

They are most commonly used to treat smile lines, down-turned corners of the mouth, augment or line the lips, and add volume to the chin. Advanced techniques involve using fillers around the eyes or to augment the cheekbones.

How much will I need?

Fillers are distributed in amounts ranging from 0.5 mL to 1.5 mL. The amount needed will vary from patient to patient, and depend on the area(s) being treated. An estimate will be discussed during your consult, but the final amount needed often cannot be determined until the injector has starting the treatment and sees how your skin responds to the product. We are happy to work within your budget to get the best results possible.

How long do the results last?

In our office, we offer the following 3 fillers: Restylane, Juvederm and Radiesse. Restylane lasts 4-9 months (depending where it is injected), whereas both Juvederm and Radiesse last at least 12 months.

How much do they cost?

The cost varies depending on the amount and type of product used, but range from \$295-\$650 per syringe. Occasionally, more than one syringe is necessary for optimal results. Please refer to our most recent price list for specific prices.

What are the common side effects?

The most common side effects are bleeding, bruising, and swelling. In general, bleeding and swelling are minimal. Bruising can vary from none at all to large, quarter sized discolorations. Radiesse tends to cause more bruising and temporary "firmness" than Restylane and Juvederm. Ice can be applied to the area to reduce swelling and bruising, and make-up may be applied to conceal bruising.

Will the injections hurt?

There is mild-moderate discomfort with filler injections if no anesthesia is used. We offer both topical anesthesia and injectable nerve blocks to make the procedure as comfortable as possible. In most cases, patients apply topical anesthesia to the treatment area 45-60 minutes prior to their appointment and experience very minimal discomfort.

When will I notice results?

Improvement is noticed immediately following the procedure. The final result cannot be judged until all redness, swelling and bruising have resolved, which may take up to 2 weeks.

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What do I need to know before and after my procedure?

Before Your Procedure:

- Avoid taking aspirin, ibuprofen (Motrin or Advil), naproxen (Aleve) or any anti-inflammatory medication, St. John's Wort, Ginger, Garlic, Ginkgo Biloba, high doses of Vitamin E, or Omega-3 fatty acids for 10 days prior to your procedure to decrease your risk of bruising and swelling. You may take Tylenol or Celebrex.
- Pick up topical anesthetic from our office and apply it to the treatment area 45-60 minutes prior to your procedure. EXCEPTION: If you are having lip lining or lip augmentation, we will inject a small amount of local anesthetic to numb the area so that no topical anesthetic cream is required.
 - Topical Anesthetic Application Instructions:
 - Apply cream "thick like frosting" ¼" above and below treatment area
 - Cream starts out white, but will fade to clear as it absorbs into the skin
 - If you are unsure if you should apply topical to an area, please ask us or apply it there anyway! It is better to be numb in a potential treatment area than not at all. The cream takes a minimum of 45 minutes to take full effect and we will not have time to wait during your treatment time.
- It is best to schedule your procedure at least 2 weeks prior to any major event (weddings, graduation, etc) to allow time for any bruising and swelling to heal.

After Your Procedure:

- You may apply make-up immediately
- Apply ice to the treatment area intermittently for 4-6 hours to help reduce swelling and bruising. Never leave an ice pack on your skin for longer than 15 minutes at a time to avoid damaging the skin. You may continue to use ice packs intermittently for as long as the swelling persists.
- It is normal to experience tenderness at the treatment site for a few days. Lips may be tender/sore for up to 2 weeks. It is also normal to feel the filler under your skin. It is not normal to see lumps or bumps after all healing has occurred, which may take up to 2 weeks.
- Gently wash the treatment area. Avoid vigorous scrubbing or the use of a Clarisonic in the treated area for 2-3 days
- Bruising may develop up to 48 hours after the procedure. Any bruising will distort the final result and may take 5-14 days to resolve.
- If you had Radiesse injected, it is normal for the treatment area to feel firm for the first 2 weeks. Over the first 2-4 weeks, the area will soften, leaving a soft, natural looking result.
- High intensity exercise is discouraged for the remainder of the day following your treatment to avoid increased swelling and bruising. You may resume normal activities the following day.
- Avoid sunbathing and excessive UV exposure until all redness, swelling and bruising have resolved.
- We recommend avoiding alcoholic beverages for 24 hours and anti-inflammatory drugs for 48 hours after your procedure. Tylenol is encouraged for any pain or discomfort.
- If you have a history of cold sores around your mouth (or treatment area), an anti-viral prescription will be offered in case a break-out occurs.
- Immediately report any worsening pain or persistent symptoms.

We try to make follow-up calls about 2 weeks after the procedure when healing has occurred and final results can be judged. However, if you have any questions or concerns about your treatment, please do not hesitate to call us.

**Please go to [Realfill.com](https://www.realfill.com) and evaluate both your procedure Injectable Filler and our office (under Dr. Teresa Mann). This is a website where real people find, share and discuss their experience with cosmetic procedures.

