

# Body+Beauty Lab®

## COSMETIC FILLERS

JUVÉDERM ULTRA®/JUVÉDERM ULTRA XC®  
JUVÉDERM ULTRA PLUS®/JUVÉDERM ULTRA PLUS XC®  
VOLBELLA®/VOLUMA®/VOLLURE®  
RADIESSE®/RESTITLANE®/RESTITLANE-L®  
(LYFT, SILK, KYSSSE, REFYNE, DEFYNE, CONTOUR)

### PRE-TREATMENT CARE:

In order to reduce the amount of bruising and/or swelling from the injection sites, please follow the instructions below.

1. Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen and Aleve for 1 week prior to the treatment.
2. Avoid supplements including St. Johns Wort, Ginko Biloba, Primrose Oil, Garlic, Ginseng and Vitamin E for 1 week prior to the treatment.
3. Avoid topical products such as Tretinoin (Retin-A®), Retinols, Retinoids, Glycolic Acid, or any anti-aging products for 3 days prior.
4. Avoid waxing, bleaching, tweezing, or hair removal cream on the area to be treated for 3 days prior.
5. Do not drink alcoholic beverages for 24 hours prior to treatment.
6. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please notify Body+Beauty Lab if you are prone to cold sores.
7. Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any ingredients, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.
8. Arrive to the office with a "clean face" - washed and without makeup. In order to maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.

### POST-TREATMENT CARE:

1. When can I expect to see results?
  - Immediately! However, it can take up to 2 weeks for the full effect to become apparent.
2. Is there anything I need to avoid after my treatment?
  - There is little to no downtime following this procedure. Therefore, you may resume your normal daily activities immediately following your treatment. However, it is important to ask your provider for specific recommendations according to your medical history.
  - Avoid blood-thinning medications (Aspirin, non-steroidal anti-inflammatory medications, Ibuprofen, Vitamin E supplement, St. John's Wort) for 7 days after treatment.
  - Avoid kissing, puckering, using a straw and "lip plumpers" as this can displace the filler material and cause complications.

- For the next 24 hours, however, use caution with strenuous exercise, extended exposure to sun or heat, and consumption of alcoholic beverages as these activities may cause temporary redness, swelling or itching at site of injection. Direct UV sun exposure is not recommended until the swelling and redness has completely subsided. Avoid hot water and steam on the face for 2-3 days.
- Avoid facials, peels, dental treatments and face down massages for at least 2 weeks. Also sleep on your back for the next 2 nights.
- Avoid aggressive rubbing and scrubbing following your treatment. You may gently wash the area a few hours following the treatment.
- You may apply makeup shortly after your treatment unless otherwise instructed by your medical injector.

### 3. What are the side effects of Injectable Fillers?

- There are very few side effects of Injectable Fillers. You may experience mild irritation or tenderness, swelling, bruising, itching, redness, and/or bumps at or near the injection site. These side effects are normal and usually resolve on their own in 7 days or less. However, if any of these signs/symptoms persist, please contact Body+Beauty Lab immediately. Avoid massaging or itching near the injection site. You may use topical Arnica to help alleviate and reduce bruising of treated areas. Initially the treated areas may feel full and firm which is normal but will soften over the week following the treatment. You may take Tylenol for any residual discomfort.
- You may place an ice pack or cool compress lightly on the injection sites to help alleviate any swelling and bruising during the first 24-48 hours.
- For Radiesse® Volumizing Filler, please be aware that microspheres can be seen on x-ray and CT scans. It is important that you notify your physician/health care provider about your recent treatment, so this is not alarming to them when visualized on radiographs.

### 4. How long do Injectable Fillers last?

- Juvéderm® approximately between 6-12 months
- Volbella® approximately up to 12 months
- Volluma® approximately up to 24 months
- Vollure® approximately up to 18 months
- Radiesse® approximately 12 months
- Restylane®/Restylane-L® approximately between 6-12 months

Keep in mind that everyone is different and depending on the areas and amount treated, your body will metabolize the filler at a rate unique to their body.

**Please call Body+Beauty Lab immediately to report any fever, chills, pain, redness, blisters, itching or skin blanching.**