



Fillers- Post Treatment Information

Filler injections are a non-surgical procedure used to temporarily restore facial volume and help diminish folds and concavities. Common fillers used in our practice are Juvederm Ultra and Ultra Plus, Voluma, Restylane, and Radiesse. The goal is to create a more rested and fresh appearance. While our unique approach of addressing *balanced volumization* (small amounts of volume throughout different regions of the face) is most commonly performed, we do treat specific areas like the lips, temples, and cheeks as well.

How long should I expect my filler to last?

Most fillers on average last about 6-9 months; however, depending on the specific product used and the area injected, some can last up to 1-2 years.

Will the injections cause bruising and swelling?

Although most often bruising does not occur, it is always a possibility and can take anywhere from a few days to several weeks to resolve. Swelling is typically mild and diminishes within a few days. However, it is normal for lips to appear swollen and slightly asymmetric for up to 2 weeks. Apply a cold compress off and on for 1-2 days to reduce swelling. Small bumps/lumps can exist after treatment, but these typically resolve on their own.

We always recommend planning for the possibility of both bruising and swelling by not scheduling important events within 2 weeks of your treatment. If it does occur, the BBL laser can be used to reduce bruising and speed up resolution. Call to inquire.

What should I do to decrease the risk of bruising?

For 2 weeks prior and 2 weeks after your appointment, you should avoid the following: aspirin, ibuprofen products, fish oil, flax seed oil, vitamin E, alcohol, and other blood thinning medications/supplements.

Arnica Montana can be purchased at your appointment to decrease bruising, swelling, and your overall healing time.

What should I know and expect after the procedure?

Redness and minor pain at the injection site are also normal following a filler treatment. Expect the injected area to feel firm to the touch for 1-2 weeks. Avoid applying pressure to the area, excess UV/cold weather exposure, as well as exercise for at least four hours after injections.

May I apply Brilliant Distinctions to my procedure?

Brilliant Distinction coupons may be applied towards any Allergan product including Juvederm and Voluma.

Please inform us if:

You have a history of cold sores; **this applies to lip filler only.**

You are allergic to lidocaine, as all of the filler products contain lidocaine within them.

After injections, you experience severe or persistent pain (call 858-353-9885 after hours)

You are due for your next filler evaluation/treatment_____.
Schedule your appointment today!



Sculptra- Post Treatment Information

Sculptra Aesthetic gradually adds volume to the face by stimulating the production of collagen. Collagen is the main building block that keeps the skin looking firm, full, and youthful.

How long does it take to see the effects of Sculptra?

Sculptra requires a minimum of 2-3 treatments, spaced every 4-6 weeks, in order to reach optimal correction. It is rare that one treatment alone will produce any noticeable changes. Typically it is after the second treatment that you begin to see improvement. The average treatment cycle requires about 3-6 months to reach the full potential. The more volume deficient you are, the more treatments you will need and the longer it will take to complete the cycle.

What if Sculptra does not work?

Factors like health and age do effect your body's ability to stimulate new collagen growth, but with enough treatments, almost all patients will get the volume enhancement that they need.

How long should I expect Sculptra to last?

On average, Sculptra can last between 2-3 years. A touch up dose is recommended between 12-18 months to maintain results.

Will the injection cause bruising and swelling?

Bruising and swelling are always a possibility and can take from a few days to weeks to resolve. For 2 weeks prior and 2 weeks after your appointment, you should avoid the following: aspirin, ibuprofen products, fish oil, flax seed oil, vitamin E, alcohol, and other blood thinning medications/supplements.

Arnica Montana can be purchased at your appointment to decrease bruising, swelling, and your overall healing time. If you have any important events coming up, be sure to allow yourself at least 2 weeks to heal.

What should I know and expect after the procedure?

With Sculptra we ask that you gently massage the area for 5 minutes, 5 times a day for 5 days (we refer to this as 5-5-5). This is to prevent any clumping of the product. You may experience minor headaches which may be treated with Tylenol. Please avoid exercise for at least 4 hours after injection.

It is normal to look full right after treatment due to the high water content in the product. In addition, you may also look slightly asymmetric due to swelling. Over the next 24 hours, you will notice the fullness and swelling begin to subside.

Please inform us if:

You experience severe or persistent pain, worsening or persistent swelling, or new onset of redness.

You are due for your next Sculptra evaluation/treatment_____. Schedule your appointment today!



Botox- Post Treatment Information

Botox is a product used to treat moderate to severe lines and wrinkles, typically in the crow's feet area, forehead and between the brows. It works by temporarily relaxing the muscles that cause wrinkles to form. It can also be used as a way to prevent future wrinkles from forming.

When does Botox start working?

Most people will start to see the effects of Botox within 1-3 days; however, it does take up to 2 weeks to see the full effect.

How long should I expect Botox to last?

On average, Botox lasts about 3-4 months. To achieve the best results and maintain continuity, it is recommended that you schedule your next appointment before you leave.

Will the injection cause bruising?

There is always that possibility of bruising and swelling. However, the chance is much less with Botox than with filler because the needle is much smaller and does not go deep into the tissue.

For 2 weeks prior and 2 weeks after your appointment, you should avoid the following: aspirin, ibuprofen products, fish oil, flax seed oil, vitamin E, alcohol, and other blood thinning medications/supplements.

Arnica Montana can be purchased at your appointment to decrease bruising, swelling, and your overall healing time. If you have any important events coming up, be sure to allow yourself at least 2 weeks to heal.

May I apply Brilliant Distinctions to my procedure?

You may apply Brilliant Distinctions coupons towards your Botox treatment.

What should I know and expect after the procedure?

Avoid applying pressure to the injection site.

Avoid exercise or laying down for at least 4 hours after injections.

Minor headaches are common after Botox and can be treated with Tylenol.

Initially after treatment, you will notice small bumps on the injection sites. These bumps will settle down within the next 10-15 minutes.

You are due for your next Botox treatment_____. Schedule your appointment today!