

# Restylane® Treatment for Lines and Wrinkles

## 1. What is Restylane®?

Restylane is an injectable product made of hyaluronic acid. Hyaluronic acid is a molecule that binds water and is normally found in the deeper layers of the skin. Restylane does not contain any animal products. It is unlikely to cause an allergic reaction. Hyaluronic acids have been used in this country for medical treatments in the eye and joints for years. Restylane has been used for cosmetic purposes in Europe and Canada for over 8 years and has an excellent safety profile.

## 2. When will I see results?

Results are generally noted immediately, although mild swelling and redness generally take 48 hours to resolve. Makeup may be applied immediately after a treatment. If more correction is desired, additional treatments can be performed at least 1 week after an earlier visit leading to further improvement.

## 3. How long will the results last?

Benefits initially last about 6 to 12 months though results vary. Lip enhancement may resolve more quickly.

## 4. Do the injections hurt?

The injections are somewhat uncomfortable, particularly around the nose or lips. We recommend the use of Topical numbing cream (available for purchase in our office) or LMX 4 or 5% cream (slightly more expensive and available by special order at your pharmacy without a prescription) prior to the procedure to numb the skin, leading to less discomfort. **No more than a single 30 gram tube should be used in any given day to avoid the danger of lidocaine toxicity.** Most patients require injection of local anesthetic (nerve blocks given inside the mouth) for lip enhancement.

## 5. Are there risks to the procedure?

Transient bruising at injection sites can occur, particularly if you have had aspirin or ibuprofen (Advil) within 1 week, or alcohol within 48 hours of treatment. Puffiness, tenderness and/or redness may result for 1-4 days, and rarely longer. Small areas of firmness may be palpable, and rarely visible, but blend in with time. Very rarely prolonged swelling, redness, itching or firmness may last weeks or longer. Extremely rare side effects include compression/occlusion of blood vessels leading to formation of a scab which can result in a shallow scar. Other rare side effects include dizziness, headache, rash, visual disturbances, infection, or reactivation of cold sores.

## 6. Who should not be treated with Restylane?

You may not be treated with Restylane injections if:

You are pregnant or nursing.

You have multiple severe allergies or history of anaphylaxis.

You are taking a blood thinner such as Coumadin (Warfarin) or aspirin.

You have a bleeding disorder.

You have had a previous allergic or severe swelling reaction with Restylane.

# ***Patient Instructions for Restylane®***

## **Pre-Treatment Instructions**

1. **Avoid aspirin for 10 days.** Avoid **ibuprofen** (Motrin, Advil) and **Vitamin E for 5 days** prior to the procedure, because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment.
2. **Alcohol** is also a blood thinner and **should be avoided** for 2 days prior to the procedure to minimize bruising.
3. We recommend the use of Topical numbing cream (available for purchase in our office) or LMX 4 or 5% cream (slightly more expensive and available by special order at your pharmacy without a prescription) prior to the procedure to minimize discomfort. Apply the numbing cream 30 minutes prior to your appointment to the area being treated. After you check in for your appointment, apply an additional layer of numbing medication and rub into the skin. No more than a single 30 gram tube should be used in any given day to avoid the danger of lidocaine toxicity.

## **Post-Treatment Instructions**

1. Keep an ice pack on the area for 5 minutes in the office. You may also use an ice pack at home for 15 minutes at a time on and off the day of the procedure to minimize bruising (frozen peas in a bag make an excellent ice pack).
2. Refrain from vigorous exercise for the rest of the day (walking is O.K.). Do not use any saunas or hot tubs.
3. Do not massage or manipulate the treated area on the day or evening of treatment. You may wash your face normally.
4. You may apply makeup as usual.
5. If you experience discomfort or a headache, you may take Tylenol (acetaminophen). Wait until any bruises are resolved to take aspirin or ibuprofen (Advil).
6. Swelling is generally most noticeable 1 or 2 days after the procedure. Sleep with an extra pillow to minimize this.
7. Notify us if you have persistent swelling, redness or itching lasting more than 48 hours, or if any crust, scab or rash develops.