



TREATMENT PREPARATION

TREATMENT: **Volumize**

PRODUCT USED: **Restylane®**, **Volbella®**, **Vollure®**, **Voluma®**, **Juvederm Ultra®**, or **Juvederm Ultra XC®**

TWO WEEKS PRIOR TO TREATMENT

Schedule your dermal filler appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the dermal filler injections will take approximately 2-14 days to appear and will soften over time.

IMPORTANT: You should NOT schedule any invasive procedures for 2 weeks before or after treatment with Voluma® XC. These can include but are not limited to dental work, including dental cleaning, any lesion excisions/biopsies, surgery of any kind, internal device placement, tattoos or permanent makeup.

ONE WEEK PRIOR

- Discontinue the use of Aspirin or other non-steroidal anti-inflammatory drugs (i.e., Ibuprofen, Advil®, Motrin®, Aleve®, Nuprin®, Celebrex®, Fish Oil, Gingko Biloba, St. John's Wort and high doses of Vitamin E - unless medically necessary) one week prior to your appointment to reduce the risk of bruising/bleeding at the treated site(s).
- If you are using prescription blood thinners, or aspirin, please notify your practitioner. You may need to check with your prescribing doctor prior to stopping the use of these medications.
- Aesthetic injectable fillers do not cause outbreaks but can trigger a non-active outbreak of Herpes Simplex (cold sores or fever blisters), which can lead to more serious complications. If you have any history of Herpes Simplex, inform your provider to receive advice on antiviral therapy prior to treatment. The antiviral will need to be taken before and after treatment.

THREE TO FIVE DAYS PRIOR

Arnica Montana is recommended to decrease the likelihood of bruising. You may also continue the use of Arnica tablets for 3-5 days post-treatment if bruising is present.

TWO DAYS PRIOR

Tretinoin (Retin-A), retinols, retinoids, glycolic acid, alpha hydroxyl acid, or any "anti-aging" products should be stopped 2 days prior to receiving dermal fillers and for 2 days after treatment.

DAY OF TREATMENT

- For mild pain or headaches, you may use Tylenol. You may also take Tylenol® (if not contraindicated) one hour before your appointment to prevent any anticipated discomfort.
- Avoid the use of alcohol 24 hours prior to your appointment. Alcohol can increase the risk for bleeding and bruising at the treated site(s).

- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area being treated.
- Eat a small meal or a snack before your appointment.
- Arrive to your appointment with a cleansed face, without makeup or moisturizer.

YOU WOULD NOT BE CONSIDERED A CANDIDATE IF YOU HAVE ANY OF THE FOLLOWING:

- You are pregnant or breast feeding.
- You are allergy to any of the dermal filler ingredients.
- You have an active infection in the area to be treated.
- You have an allergy to lidocaine.

CONTRAINDICATIONS TO VOLUMA XC® OR RESTYLANE® LYFT:

- Traveling within 7 days of your appointment.
- History of surgical cheek implants.
- Scleroderma.
- History of surgical face lift.
- Present infection (sinus infection, cold, flu).
- Under the age of 21.
- Allergy to gram positive bacteria (Gram-positive cocci bacteria cause certain infections, including the following: Pneumococcal infections, Staphylococcal Aureus infections, MRSA, Streptococcus infections such as Pneumonia, Endocarditis and Osteomyelitis).
- History of severe allergies manifested by anaphylaxis or a history or presence of severe allergies.
- Active inflammatory process at the injection site.
- Transplant patients will need a written approval from overseeing physician / surgeon.

POST TREATMENT INSTRUCTIONS

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Most reactions to dermal fillers are redness, swelling, bruising and tenderness after the injections. These usually subside a few days after the treatment but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms of increased pain, darker bruising or blisters, please contact our office immediately at 414.488.7900 to speak to one of our RN's (9-4 M-F).

24-48 HOURS POST-TREATMENT:

- Cold compresses or ice packs may be used after the treatment to reduce swelling and decrease soreness. Place the icepack on the area for 20 minutes and remove ice pack for 20 minutes. DO NOT apply ice directly to the skin. Always use a barrier, such as a cloth towel to prevent further injury to the skin. Continue this pattern for 24 hours.
- AVOID excessive touching or massaging the treated areas for 6 hours after the injections. The treated areas can be washed with a gentle cleanser after 6 hours.
- AVOID alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy food and smoking for 24-28 hours after your treatment. These items may contribute to increased swelling and irritation.
- AVOID submerging head under water for a full 24 hours after Voluma XC® treatment; this includes pools, beaches, hot tubs, etc.
- AVOID wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips. Now is also the time to clean all make-up brushes with hot sudsy water as well as your cell phone.
- In the first 24 hours following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and may cause a temporary increase in redness, bruising or swelling at the injection site. If there is persistent swelling or redness after the injections, you should limit exposure to sunlight or UV lamps, until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sunblock 30+ combined with zinc oxide and titanium dioxide.
- You may experience dry skin where you were cleansed. This is normal. It should only last a few days. You may apply moisturizers the following day.

TWO DAYS - ONE WEEK POST-TREATMENT:

- AVOID the use of Retin-A or similar products 2 days after treatment to avoid increased irritation or redness.
- Apply over-the-counter Arnica Montana gel to the treatment area to help decrease the bruising, swelling, and discomfort. You can also continue the use of Arnica tablets for 3-5 days post-treatment if bruising is present.
- AVOID taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Aleve®, Nuprin®, Celebrex®, Fish Oil, Gingko Biloba, St. John's Wort high doses of Vitamin E (unless medically necessary) at least 3 days to 1 week after your treatment, as these may cause increase risk of bleeding and bruising at the treated site(s).

TWO WEEKS POST-TREATMENT:

- Avoid cosmetic procedures such as laser, ultrasound, peels, facials, microneedling, microdermabrasion or massage for 2 weeks after treatment.
- AVOID dental procedures (including cleaning), lesion excision or biopsy, surgery of any kind, internal device placement, and tattoo or permanent makeup 2 weeks post filler.
- Your satisfaction is important to us! We would like you to return to the office in 2 weeks to 1 month to see whether a touch-up is necessary. If follow up treatments are necessary, there will be an additional charge at the regular rate. Additional costs of medical treatment would be the patients' responsibility should complications develop with dermal fillers.

Please remember to schedule your follow-up appointment approximately 4 weeks after the initial treatment, or as directed by your clinician. Studies have shown that having additional treatments before the product is fully dissipated will enhance the lasting effect. Consult with your provider about recommendations for touch-ups and future appointments.

If you suddenly develop other symptoms or have any questions regarding your treatment (or these instructions), please contact our office to speak to one of our RN's (9-4 M-F).