

## FACIAL FILLERS

### Notes for guidance

Looking in the mirror is not always a happy experience, especially if there are parts of your face you're just not happy with. Maybe you're developing those dreaded crow's feet around your eyes. Maybe your lips are too small or you're not happy with the narrowness of your chin. These are all common problems, but they can and are being corrected for many individuals - thanks to the use of Restylane and similar facial fillers.

### Are Facial Fillers right for you?

Facial fillers can be an ideal choice for individuals who want to improve specific areas of their face or who want to eliminate the wrinkling that occurs in our faces as we become older. Restylane, for example, can be used to smooth your skin, round out the contours of your face, or to make your lips look fuller. Besides the versatility of this treatment option, many individuals prefer it because it does not involve many of the drawbacks of actual surgical procedures, including increased risks and lengthy recovery times. Restylane is also more affordable than surgical treatments. The average treatment costs between \$250 and \$500.

### What are Facial Fillers?

Restylane is the brand name for a facial filler manufactured in Sweden since 1996. The FDA approved its use as a cosmetic procedure in 2003. The clear material is made from hyaluronic acid which is a natural occurring substance that appears in your body. Restylane comes in a gel form and can be injected many different parts of the face.

Facial filling treatments are usually performed in the physician's office. You won't need to complete any special skin tests before the procedure so you can have it performed immediately after your consultation if desired. A local anesthetic cream will usually be rubbed on treatment location to provide some numbing during the procedure, but you will most likely feel a little discomfort and burning as it is being performed.

Your body will eventually break down the Restylane – this usually takes about six months. At that time, you will need to redo the procedure if you want to keep your new look.

### Are you a good candidate?

Restylane is safe procedure for most people over the age of 18; however, your physician will discuss the procedure thoroughly with you and will ask you about your expectations. If he or she believes you understand the treatment and has realistic expectations, you will probably be able to have it done.

There are some exceptions - if you have pre-existing, serious health problems, your physician may advise you not to have the treatment. Also, if you've recently had other procedures, such as chemical peels, done on your face, your physician may want you to wait until your skin has completely healed before doing Restylane injections.

### How is the procedure performed?

Before you have the procedure, you and your physician should have discussed exactly what you want to have done and where the Restylane is going to be injected. Once you're relaxed on the table and the anesthetic cream has begun to take effect, your physician will take a small needle filled with Restylane and inject it under your skin.



Highgate Hospital  
17-19 View Road, Highgate  
London, N6 4DJ

Phone: 0208 1149 367  
Email: [contact@surgeryone.co.uk](mailto:contact@surgeryone.co.uk)  
Website: [www.surgeryone.co.uk](http://www.surgeryone.co.uk)

Several injections will probably be needed to create the desired effects.

Once under the skin, the Restylane expands. This expansion can push out wrinkles to create a smooth appearance or it can add volume to other parts of your face, such as your chin and lips.

Restylane treatments can be done in 30 to 40 minutes by most cosmetic surgeons.

## How long will it take before I feel normal again?

Restylane is a popular treatment for many reasons, including the quick recovery time. Unlike surgical procedures which can require you to take off from work for several weeks and can keep you from your normal routine for up to a month, Restylane treatments usually require no recovery time. Except for some slight redness, puffiness, and a little discomfort in the sight of the injection, you'll be able to return to most of your normal activities immediately.

The only things you should avoid are rubbing the injection area or making puckering faces with your lips (if they were treated) for the first couple of days, and you should also avoid extreme temperatures for the first week or two.

## Are there any risks?

Restylane is very safe. However, there are some risks to every procedure. Most of these risks are very mild and temporary, such as pain, itchy sensation, swelling, or redness around the treatment area. In a few cases, patients have had reactions to the injections that resulted in swelling that spread beyond the injection site but even these reactions went away after a couple of weeks.

Sometimes after having Restylane injected into your lips, your lips will swell up more than normal. No one is quite sure why this occurs, but it is only a temporary effect.

## Will I be happy with my results?

Individuals who have Restylane treatments are generally very happy with the results. You will be able to see the improvements as soon as the treatment is completed, but you'll be able to appreciate them even more once the immediate effects of the treatment – the swelling, redness, etc. – are gone.

## Further Information

This brochure has been prepared to give a basic understanding of the procedure before a consultation takes place, and to cover many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon.

There is no obligation on the part of the patient to undergo surgery by attending for consultation.

If you have any further questions or would like to arrange a consultation please fill in the online form on our website at [www.surgeryone.co.uk](http://www.surgeryone.co.uk). All enquiries are always treated confidentially.



Highgate Hospital  
17-19 View Road, Highgate  
London, N6 4DJ

Phone: 0208 1149 367  
Email: [contact@surgeryone.co.uk](mailto:contact@surgeryone.co.uk)  
Website: [www.surgeryone.co.uk](http://www.surgeryone.co.uk)