



**HELTON**  
SKIN & LASER  
INSTITUTE

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## Restylane® Post-Treatment Checklist

Please observe the following after treatment with Restylane®:

- Immediately after treatment, the most commonly reported side effects were temporary redness and swelling at the injection site. These effects typically resolve within two to four days with coldpacks.
- Cold compresses may be used immediately after treatment to reduce swelling. Make sure that the compresses are only applied to one side of the lips at a time with bare fingers. If you are still numb, you will not realize how cold your face is becoming. As a rule of thumb: if your hand is cold, so are your lips; change sides. Save your ice pack, as intermittent 20 minute sessions of icing will reduce any pain or swelling for up to the next 4 days. If the inconvenience continues beyond four days or if other concerns arise, please contact Dr. Helton's office at (949) 646-3376.
- Avoid touching the treated area within six hours following treatment. The area can then be gently washed with soap and water, and make-up may be worn the next day.
- Don't love them or hate them until 5 days have passed. Since Restylane is hydrophilic (water-loving), there is always a period of swelling where one cannot judge size or evenness. If after 2-4 weeks have passed and the augmentation is not satisfactory, you may need more product. This is more common after the age of 40.
- The product integrates into your body for up to a year, and evidence shows that having a follow-up treatment 6 months before the product has fully dissipated will enhance the lasting effect. Please be sure to consult Dr. Helton about recommendations for follow-up treatments. Restylane is synergistic, meaning if more is administered before the product has totally dissipated, a greater augmentation will be realized. It will seem like  $1+1=3$ .
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to Dr. Helton about medications that may minimize a recurrence.
- One week prior to your next treatment with Restylane, avoid taking aspirin, motrin, non-steroidal anti-inflammatory medications and high doses of Vitamin E. These agents may increase bruising. Should you require some form of medication prior, Dr. Helton recommends Tylenol only. You may resume these medications the day after treatment.

For more information, please visit [www.RestylaneUSA.com](http://www.RestylaneUSA.com) or [www.DrHelton.com](http://www.DrHelton.com)