



**Before**



**After**

# Facial Contouring with Juvéderm

WRITTEN BY **MAXINE ARABELLA & SARAH HAMILTON, RN**

**Facial Injectables, also known as facial fillers,** along with BOTOX® are a safe and effective means of reducing fine lines and wrinkles with no downtime. Most patients can get on with their daily activities right after treatment.

The injection treatments are administered and offer instantaneous results to correct facial wrinkles and folds caused by the aging process. The result is a more contoured face with smoother and younger looking skin. Your healthcare professional eases facial fillers under the skin such as the lips, marionette lines, nasalabial folds, cheeks, under eyes, jowles and many more. Radiesse®, Perlane®, Restylane® and Juvéderm™ are some of products approved by the FDA which can be used in combination with BOTOX® to help eliminate deep wrinkles and furrows. Each of these options has its own set of risks and benefits and results vary for each individual. That's why it is best to consult with your doctor when considering any of these alternative filler treatments.

**Note:** For this article the product Juvéderm Ultra Plus was used and Reflections Med Spa's Dr. Kevin Johnson and Dr. John Lundebj were consulted about what to expect during facial contouring.

**Maxine Arabella:**  
What is Juvéderm™?

**Sarah Hamilton:**  
Juvéderm™ is a hyaluronic acid injectable gel, which is a naturally occurring substance used for the correction of moderate to severe folds.

**Maxine Arabella:**  
What sets Juvéderm™ apart from other fillers?

**Sarah Hamilton:**  
Because of the manufacturing process Juvéderm™ provides a smooth, natural look and feel—so everyone will notice (but no one will know) and is indicated to last up to a year by the FDA. It is also the only hyaluronic acid product that is approved for all skin types.

**Maxine Arabella:**  
What can one expect during the procedure?

**Sarah Hamilton:**  
Here's what to expect when you visit your healthcare professional's office for treatment. Please note that although this experience is typical, the routine at your healthcare professional's office may be different.

**Before you go:**  
Some doctors recommend that you avoid any medications that can prolong bleeding, such as aspirin and non-steroidal anti-inflammatories (NSAIDS), for at least a week prior to treatment in order to reduce the risk of bruising and bleeding at the injection site. Ask your healthcare professional what he or she recommends.

**When you arrive:**  
If this is your first visit, you will be asked about your medical history. Determining your treatment needs: Your healthcare professional will examine the soft tissue of your face to assess the depth of wrinkles and folds to determine your treatment.

**The Procedure:**  
Although anesthesia is not required, your healthcare professional may use topical or injectable anesthesia to numb the treatment area first. Following the injection, the treated area was gently massaged to evenly distribute the gel in the area. The procedure was quick and easy and took about 15 minutes.

**After the Procedure:**  
For the first 24 hours following treatment, avoid strenuous exercise, excessive sun or heat exposure, and consumption of alcoholic beverages in order to help minimize the risks of temporary redness, swelling, and/or itching at the treatment sites. After the treatment, some temporary injection-related reactions may occur, including tenderness, redness, pain, firmness, swelling, and bumps. Most patients may only need one treatment to achieve optimal wrinkle smoothing, and the results last up to 6 months or more. However, results may vary and correction is temporary. Supplemental "touch up" treatments may be required to achieve and maintain optimal results

**Maxine's Final Note:**  
I opted for a topical cream and ice to numb the pain. I also took two Tylenols twenty minutes prior to treatment. I did not feel the needle piercing my skin but I felt the thick gel going in my folds. The pain was intense but tolerable and lasted a few seconds. I saw an immediate improvement in my nasal labial folds and would consider doing it again in a heartbeat.