



UNC

DEPARTMENT OF OTOLARYNGOLOGY/
HEAD AND NECK SURGERY
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

Fillers (Radiesse, Restylane, Belotero, Voluma, and Juvederm)

GENERAL CONSIDERATIONS:

- Cosmetic procedures are procedures that you *do not need* – (totally/purely elective surgery)
- Long or repeated consultations
- Realistic expectations are the key to success
- Safety is paramount
- Natural results are the goal of any purely cosmetic surgery or procedure

PROBLEM:

- Loss of fat, muscle and bone and relaxation of skin “sinking and sagging”, results in creases and depressions in predictable locations in the face

GOALS:

- Fill the creases and/or depressions to smooth the facial contours
- Globally fill certain areas to reverse the overall “sinking and sagging”

LIMITATIONS:

- Cannot recreate young skin
- Cannot alter developmental asymmetries
- Cannot prevent continued aging
- Cannot solve personal problems
- GOALS MAY ONLY BE PARTIALLY MET

HOW LONG WILL IT LAST?:

- Aging will continue
- Certain fillers may last longer than others

SURGICAL TECHNIQUE/ANESTHESIA/FACILITY:

- Topical anesthesia and/or a nerve block (similar to a dental block) may be used
- Certain fillers are composed of certain synthetic materials that work differently in each area of the face
- Return to normal activities within 48 hours

POST-PROCEDURE INSTRUCTIONS:

- Ice pack to the area immediately after procedure
- Continue ice packs until you sleep on day of procedure
- Continue ice packs intermittently as much as you can on day 2
- If you have a history of fever blisters please let us know, and Valtrex may be prescribed