

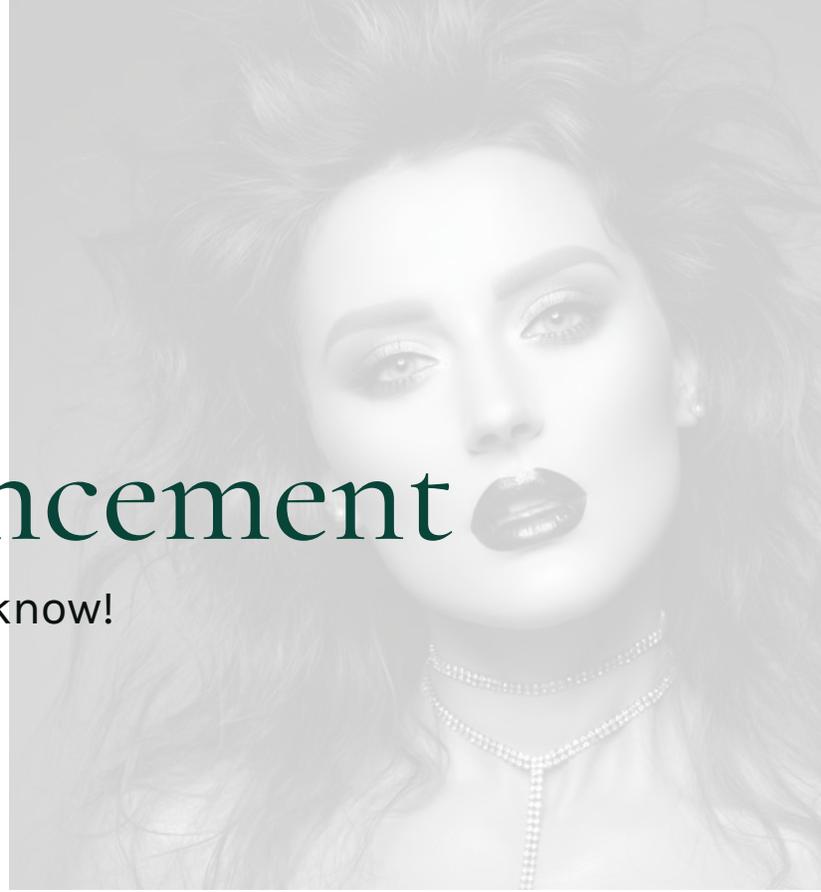


CATHERINE M  
AESTHETICS

# Cheek Enhancement

The extra stuff you may want to know!

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## Downtime

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You may return to your normal activities provided you follow the aftercare instructions. You may feel soreness in the area of injection up to 5 days after. Bruising & Swelling Can Last 1 - 7 days. Give the product 2 weeks to fully integrate into your own tissues.

## Risks & Adverse Effects

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Risks and adverse effects associated with injectable fillers are minimal in general. The common immediate adverse effects are bruising, redness, swelling, asymmetry, and itching in the injected area which will subside in a few days. Much less commonly there may be eruptions, skin sores, or infection at the injection site. On rare occasions, hard persistent bumps or nodules may form requiring dissolving with Hylenex injections or possible surgical removal. Dermal fillers also have the potential to migrate and spread to an area other than the one they were injected into.

With any dermal filler, if the filler is placed into a vein or artery an occlusion can occur slowing or stopping blood flow to the surrounding tissues. It is important to seek out a practitioner that is well trained to recognize this adverse event and also have the equipment and resources to intervene immediately. At Catherine M Aesthetics, I have the medication needed on hand to help reverse an occlusion, while also having access to a Doctor of Emergency Medicine and an oculoplastic surgeon if needed.

# How Does It Work?

After our conversation about your desired outcome, I will carefully mark certain landmarks on your face with a pencil. I will then use an AccuVein finder device to help avoid any major vessels that can be seen. This is to increase safety and also helps to reduce the chance of bruising. High-density fillers are then carefully chosen to place onto your cheekbone replacing lost volume and creating definition. Filler can be placed with a needle or with a cannula in which a hole is made with a regular needle, then a blunt-tipped cannula is inserted and used to lay the product down along your cheekbone.

# Contraindications

- 1 Pregnancy and breastfeeding
- 2 The presence of an active skin condition in the treatment area
- 3 Known allergy or insensitivity to any ingredient found in dermal fillers including lidocaine

*\*\*Please see consent form for full contraindications and risk information.*



# FAQ's

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## Which dermal filler lasts the longest?

The longevity of the dermal fillers depends on factors such as:

- Density of the filler
- Injection area
- Patient's metabolism and activity level

## Will I look natural?

When fillers are used in the appropriate amount and placed in the right location, the result is a beautiful, natural, youthful outcome. Fillers are not meant to create totally different features. In the hands of an experienced provider that has extensive knowledge of facial anatomy, the outcome simply enhances one's own facial features.

## Which filler do I need?

The choice of filler depends on the individual patient, their treatment goals, and personal facial anatomy. I typically use Juvederm Voluma or Restylane Lyft for this area.

## How many syringes of filler will I need?

The amount of filler you will need to treat your cheekbones depends on your ultimate goal. One syringe is equal to the volume of a blueberry. We can start small if you decide and use as little as a half of a syringe on each side. I find that typically my clients come back for more and ultimately have 1 to 2 syringes in each cheek by the time they are satisfied.

