



CATHERINE M  
AESTHETICS



# Lip Enhancement

The extra stuff you may want to know!

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## Downtime

There is no downtime after this procedure, except some swelling which can last for the first few days post-procedure. Bruising may happen and will resolve after 5 - 7 days. Post-procedure instructions will include avoiding kissing, smoking, drinking alcohol, using a straw, heavy exercise, or other activities that may move the product for 48 hours.

## Risks & Adverse Effects

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 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?

Topical anesthetic (numbing cream) is first applied and left to numb the skin for 15 minutes. The skin is cleaned thoroughly and then I will begin the injections using a very thin needle or cannula technique depending on your goals and anatomy.

## 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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## What products do you use to fill the lips?

I only carry top-of-the-line FDA-approved dermal fillers. For the lips I use Juvéderm Ultra XC or Restylane kysse.

## What are lip injections made of?

Popular lip fillers like Juvederm or Restylane are made of hyaluronic acid, which is a naturally occurring substance in the body and is probably on the ingredient list in your favorite facial serum or moisturizer.

## How much lip filler do I need?

The amount of filler that you will need depends on the shape and volume of your lips and what your overall goals are. I will not use more than

one syringe at a time as this puts you at risk for filler migration. If your desire is to increase your lip size significantly, it is imperative that you choose a provider that will do this over time for you. If you put too much volume into the small space the filler will migrate out of your lips into unintended areas.

## Are lip injections painful?

Lips are a very sensitive area and injections may cause some slight discomfort during the procedure. You'll get numbing cream put on your lips beforehand in addition to the fillers having lidocaine in them to make it more comfortable. I also have a stress ball available and a vibratory device that helps to distract from the pain.

