



## *Restylane*<sup>®</sup> or *Perlane*<sup>®</sup> treatment checklist

### **Before your treatment**

- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E supplements for one week prior to treatment to reduce the risk of bruising and bleeding at the injection site.

### **After your treatment**

- Cold compresses (a cloth dipped in cold water, wrung out, and applied to the injected area) may be used immediately after treatment to reduce swelling.
- Avoid touching the treated area within six hours following treatment so you do not accidentally injure your skin while the area is numb. After that, the area can be gently washed with soap and water.
- Until there is no redness or swelling, avoid exposure of the treated area to intense heat (sun lamp or sun bathing).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another occurrence. Speak to your physician about medications that may minimize a recurrence.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.

Ask your doctor for complete product and safety information, or visit **[www.RestylaneUSA.com](http://www.RestylaneUSA.com)**.