

# My Restylane® Make Under Planner

## My Restylane® Make Under plan:

My Make Under start date:

My Make Under end date: (one month recommended)

My nutrition goals are:

My yoga and meditation goals are:

My exercise goals are:

## My aesthetic facial and Restylane® treatment plan:

Date and time of facial appointment:

Location:

Date and time of Restylane® consultation:

Name of physician:

## Sample questions for my Restylane® consultation:

- What are your qualifications?
- How much experience do you have in performing this procedure?
- Can I see some of your patient before and after photos?
- Will this treatment meet my goals?
- What are the common side effects?
- What can I expect from the recovery phase?
- What can I do to maintain my results?
- Areas of my face which I would like the doctor to focus include:

*Restylane*<sup>®</sup>  
WWW.RESTYLANE.CA

## Restylane® Safety Information

- *Restylane*® is intended to add volume to facial tissue. The product is to be used for the correction of wrinkles, lip enhancement and facial contour augmentation.
- After your treatment you might have some swelling, redness, pain, itching, discolouration, and tenderness. This will typically last less than a week.
- Additionally, temporary lumps and bumps may occur in some *Restylane*® patients.
- In rare circumstances, the doctor may inject into a blood vessel, which can damage the skin.
- If you are pregnant or breastfeeding, or under 18, you should not use *Restylane*®.
- *Restylane*® should not be injected anywhere except the skin or just under the skin.
- Like any injection in the skin, *Restylane*® carries a risk of infection.
- The use of *Restylane*® at the site of skin sores, pimples, rashes, hives, cysts or infection should be postponed until healing is complete.
- For each treatment site, a maximum of 2 mL per treatment session is recommended.
- *Restylane*® should be injected only by a licensed health care professional. Complete product and safety information is available at [www.Restylane.ca](http://www.Restylane.ca). Talk to your doctor to see if *Restylane*® is an appropriate treatment option for you, as it is not for everyone.



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