

RealSelf[®] MEMBER GUIDES

Edited by
Sharon, a
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10 Things I Wish I Knew Before Getting Restylane

Sharon is a RealSelf community moderator. She developed this list based on first-hand Restylane experiences reported by members of the RealSelf community.

1) Choosing a Provider

My biggest advice is to pick someone with lots of experience. A plastic surgeon or dermatologist. This product is very, very operator dependent. Unfortunately, there are so many little "spas" and "clinics" popping up here that are money-driven with limited experience. The extra cost is worth the freedom from worry, and the superior results will save you money since you will not be back for "corrective" procedures. -[texas-tea](#)

I went to a well-known plastic surgeon in the area and trusted him completely but he let me down big time. It went horribly! I'm anxiously waiting for it to completely dissolve. He overfilled under my right eye and barely put anything under my left. -[candicapple](#)

The more training the doctor has with the injectable, the higher their "certification" in that injectable. The certifications come from training through the manufacturers of the injectables. I'd rather know that the person injecting this stuff in my face has taken significant time and effort to learn how to do it right. Otherwise, anyone with an "M.D." or a "D.O." after their name is allowed to inject as far as the law is concerned. My doctor has silver and platinum level certifications in these injectables, but she's not a plastic surgeon. -[BV in NC](#)

2) During the Treatment

The process itself wasn't painful at all. I waited about 15-20 minutes for the numbing cream that was slathered on my under eyes to take effect. The injection process took about 10-15 minutes. My doctor would inject small amounts, take a step back and look at my face, and keep going. After he was finished, I looked at my face and was so happy -- I wasn't hollow any more! -[sunshine26](#)

I had a dental block done first. I HIGHLY recommend this. I thought the pain would be unbearable and it wasn't. In fact, the only injection I felt was the first one. It felt like someone was pinching my upper lip. It wasn't painful; just felt like a quick pinch. After that I felt nothing. -[Tara36](#)

Real Facts

Data below derived from RealSelf reviews at time of publication. Click on the respective facts to learn more.

Average Cost
\$700

Worth It
Rating
60%

Total Reviews
382

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It was painful even with a dental block and numbing cream. Maybe my doctor is a little rough. I had injections once with less pain but it was a different filler so I don't know if it was the injector or the filler. -[Bluesky](#)

3) Bruising & Swelling

The bruising has been terrible! It has been a week and there are purple/black dots on my lips. I called the surgeon's office and they said that it should take up to two weeks for the bruises to fade. While I love the difference the Restylane has made to the look of my lips, I'm not sure I would do it again because the bruising is so noticeable. -[Lisa in London](#)

The second day was the day that I looked like Janice, the beatnik Muppet; two days later they were back to pretty normal. -[UCLA student](#)

Bruising is very injector dependent. There is always a risk; however, if the injector goes slow enough and gentle enough, bruising is slight. Also, avoid blood thinners before injection, e.g. aspirin, Advil, fish oil, red wine. Also, Arnica works very well. -[rnmrcy89](#)

4) Recovery Tips

Things I do to prevent bruising: Eat fresh pineapple, no alcohol for a few days before, take Arnica Montana and eat lots of dark green veggies. I bruised a little on one of the three sessions. -[Bluesky](#)

Watch your diet -- no white breads, no salt. Sleep on your back with your head up on two pillows. -[babyjoe](#)

My doctor asked that I not mold the filler around my eyes or press on my face, and to not use any ice. -[sunshine26](#)

My doctor told me not to smile for 48 hours post-procedure so the Restylane would stay where she injected it. This was difficult for me, so I tried to stay away from people for 48 hours so I wouldn't smile so much. -[texas-tea](#)

5) Restylane Technique

Be aware that the initial results you see will be a combination of swelling and the filler, so if you love the way you look immediately after your injections, you're probably going to want to add a bit more in about two weeks when everything settles in. On the other hand, if you think you have too much fullness immediately after your injections, just chill out for a day or two and see how you feel once the swelling goes down. -[BV in NC](#)

I had it injected under my eyes to reduce the appearance of dark circles. I was very happy the first few times, but the doctor overfilled this last time. Tell your doctor to err on the conservative side! -[premature](#)

I think to get effective tear trough filling, you need to fill in any lost volume in the upper cheeks, right under the tear troughs, as well. This will allow the tear trough correction to blend smoothly into the cheek area. Otherwise, it can end up looking like your eye bags are even bigger and lower! -[Peace117](#)

6) Side Effects

This time when I went back for Restylane I ended up with a nodule. I think it is because my doctor seemed rushed this time. It is disappointing to end up with noticeable nodules when the entire reason I pay for Restylane and go through the pain and hassle is to smooth out bumps I already have (silicone granulomas). I do think I will keep trying because I think it offers some improvement and usually he is patient and careful. -[Bluesky](#)

11 Things I Wish I Knew Before Getting Radiesse

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I had two small injections to correct my eye hollows. Perfect results -- absolutely flawless -- and it made a huge difference. I went back for a top-up and from there it has been a nightmare! I am not sure if it was an overcorrection but I'm left with a bad case of the Tyndall effect (bruise-like coloring) and puffy lumps under my eyes, like bags. Not very attractive. It has been seven months and no sign of going away. -[syd88](#)

Sometimes Restylane can draw a lot of water into it, creating bags. My under eyes were a little puffy for a few weeks following the injections but did settle down. If the bags do not improve and are caused by overfilling, the product can be dissolved. -[JessieRose85](#)

7) Touch-ups and Corrections

If you feel a lump or unevenness, go back. It can be massaged out and/or a little added. For lumps or too much trout pout, etc. I've seen good results with the Neutrogena vibrator face cleanser. Take off the sponge cleaning part and it's smooth underneath. Worth a try before an injection to reverse. -[awalk](#)

Take it slowly. I've have the cheeks and tear troughs filled just a little each time, using the extra from what's used in other areas of my face, over the course of about a year. Even for a skilled injector, the tear trough area is very tricky. You can't know exactly where the filler will take, or how much volume it will create. Be patient and go slowly for a really nice effect. -[Peace117](#)

8) Dissolving Restylane

The fact that it can be dissolved makes it (to me) a better filler than the longer lasting ones because mistakes happen with everything. I'm finding that not enough people are aware of the fact that it can be dissolved quickly (less than one day) and it is very upsetting to get a bad Restylane job or to have it act weird in your body. Dissolving it isn't all that new either, it's just that only doctors who do Restylane a lot are aware of this. -[UCLA_student](#)

I still have a little "bubble" of product under my left eye that I'm really hoping will go away soon. I thought about having it dissolved with hyaluronidase, but was afraid that would cause it to look even worse. So I'm just waiting it out. -[candieapple](#)

9) How Long Does Restylane Last?

I had to go back every three months for a "refill" varying from 1/2 to 1 full syringe, for the first two years, then it was less and less frequently. Now it's just twice a year and it looks great. -[BizyMom](#)

In one year, I've spent \$3,200 for Restylane injections in small areas on my lips. Restylane looks great when I've just had the injections, but they only last less than three months. -[jlosc](#)

It depends where you get the Restylane as to how long it lasts. In the lips it lasts only three months or so because we move our lips so much. On the parts of the face where there is less movement, it lasts longer. Nasolabial folds last up to six months. It also does not matter if it is your first or twentieth treatment, results are the same. -[voyajer](#)

10) Was It Worth It?

It was great at first but didn't last. If you can afford to come up with the cash every 6-8 months or so, you can get those lines taken care of. Otherwise, it's a little harsh on the budget for a few months of not seeing those fine lines. I can't afford it and I basically threw my money away. -[moonflower](#)

The Restylane helped to fill out my lower face and when I smile (even a BIG smile), there are no major smile lines. The look is very natural and I would do it again. -[lisa.k.](#)

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I noticed it lasted longer when I first got the injections. Now, as I think about how much I shoveled out over time, facial surgery would have cost nearly as much. The bruising is time taken away from that small window of time a person can enjoy the results before it's time to shell out for another round of injections. -[gherkins](#)

It made a huge difference. I know Restylane is not my final solution but I am very happy with it now. If I go for it a couple times and am still pleased with my new look, I might start researching other procedures. But for now, I'm quite happy. -[hottie09](#)

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