

The Truth About Juvederm | Sturm

Juvederm is one of the most popular facial fillers used today, and can help add volume and diminish signs of aging. Read on below for more information.

Like Botox, Juvederm is becoming a household name when it comes to anti-aging treatments. It is one of the most widely-used dermal fillers in cosmetic medicine today, and can yield truly transformative results when expertly applied. Many patients get Juvederm to plump up the wrinkles and sagging skin that are part and parcel of the aging process, but Juvederm is also used on younger patients to volumize the lips, cheeks, and chin. And it's not only women getting Juvederm anymore -- male patients routinely come into my Houston office for it. I frequently use Juvederm as part of overall facial rejuvenation, as well as in facial feminization and masculinization. Below, I give a brief guide to Juvederm, how it's used, and what to expect during and after treatment.

What is Juvederm?

Juvederm is an FDA-approved injectable soft-tissue filler used to diminish the appearance of folds and wrinkles and/or add youthful volume to facial features. Juvederm is made from hyaluronic acid, a substance found naturally within the body, so it is very safe and well-tolerated. Many topical cosmetic products contain hyaluronic acid, but the benefits are limited due to shallow absorption. Injecting hyaluronic acid fillers under the skin creates immediate fullness and wrinkle reduction in the treatment area. Juvederm comes in several different formulations, based on the site of application and how long the patient wants results to last. Many patients who start a Juvederm regimen find that they need less of it, and less frequently, over time. This is because Juvederm treatments prompt the body to produce more of its own collagen in the treatment area.

Where is Juvederm injected?

The rule of thumb is that fillers are used for lines that show up even when the face is relaxed, while Botox is used for lines that show up with facial expression. Juvederm is most often injected:

- Into the nasolabial folds or "smile lines" (the creases formed between the nose and the upper corners of the mouth)
- Into "marionette lines" (the lines formed between the lower corners of the mouth and the chin)
- Into hollow or sunken cheeks to add lift and volume
- Along the borders of the lips for natural-looking lip augmentation, or to smooth out wrinkles around the mouth
- At the edges of the mouth to correct downward-facing corners or a "resting frown"
- Into the bridge of the nose to conceal a "dorsal hump"
- Into the chin for chin augmentation, which is sometimes done alongside rhinoplasty to even out the whole facial profile

How long does Juvederm last?

How long Juvederm will last depends on what variant of Juvederm you get, and how quickly your body naturally absorbs and metabolizes the product. Some people opt for repeat Juvederm injections every 6 months to maintain the desired result, while others only need them every year or two. Juvederm Ultra and Ultra Plus are the least long-lasting, and may require touch-ups at 6 to 9 months, though in most cases, they last about a year. Juvederm Volbella typically lasts about a year. Juvederm Vollure lasts about a year-and-a-half. Juvederm Voluma is the longest-lasting product, with results lasting two years and sometimes more.

What are the risks of Juvederm?

Juvederm carries very few serious health risks. The main risks of Juvederm involve poor aesthetic outcomes, usually because a provider is inexperienced or unskilled. If Juvederm is injected by a novice practitioner, results can be asymmetrical, or leave lumps or bumps under the skin (some initial lumps and bumps are normal, but they should not last). Infection and scarring are rare, and less likely to occur if you have your injections done in a sterile, in-office medical setting. On very rare occasions, patients have suffered tissue necrosis and blindness because filler was injected into the wrong place. So even though Juvederm treatment is generally very safe and poses a small risk of complications, it is vital to have injections done by a licensed, board-certified medical professional with plenty of experience.

What are the different types of Juvederm?

-Juvederm Ultra XC - Used for less extensive lip augmentation and perioral enhancement; lasts anywhere from 6-12 months

-Juvederm Ultra Plus XC - A thicker variation of Juvederm Ultra; used for deeper lines and creases in the lower face; lasts anywhere from 6-12 months

-Juvederm Vollure XC - Used for deeper lines and creases in the lower face; lasts up to 18 months

-Juvederm Volbella XC - Used specifically for more extensive lip augmentation and perioral enhancement; lasts about 12 months

-Juvederm Voluma XC - Used to increase cheek volume and correct lax or sagging skin in the mid-face; lasts up to 2 years

How much does Juvederm cost?

The cost of Juvederm is difficult to give a general estimate for, because different patients need different amounts of product, and some Juvederm formulations cost more than others. The price of Juvederm is by syringe, and the total cost of treatment will include your practitioner's service fee. You can always ask about cost when you call to set up an appointment with a provider, and you will get a more specific quote after you are examined prior to injection.

On the low end, Juvederm costs around \$500-\$800 per syringe for the shortest-acting varieties. On the upper end, longer-acting formulations like Voluma can cost anywhere from \$1,000 - \$1,500 per syringe. It varies based on the part of the country you live in, the doctor you go to, and how they set their own prices. It is always better to pay a bit more for a plastic surgeon or dermatologist than go to a cut-rate provider. I hate to see patients pay twice to have a bad filler job fixed. So I always advise investing a little more upfront to get the best possible results the first time.

Does Juvederm hurt?

While everyone's pain tolerance is different, my patients usually report very little pain with Juvederm injections. Some Juvederm formulations contain lidocaine, which numbs the site as the filler goes in. And ice packs and topical anesthetic creams can be applied to the area beforehand to help dull any sensation. Patients may experience slight pressure and stinging during the injection, but again, discomfort is usually described as very minimal and short-lived. If you are wary of needles, or anxious about pain during the procedure, tell your doctor in advance. They may be able to make special arrangements for you.

Do I need a Juvederm doctor near me?

If you are in the Houston area, or interested in traveling for expert Juvederm treatment, please reach out to my office to discuss your options. I'm proud to be one of the most award-winning facial cosmetic and plastic surgeons in the country, and am known internationally for my pioneering work and research in facial aesthetic procedures. It is not uncommon for my patients to fly in from elsewhere to have me perform their surgery or treatment, and I warmly welcome patients of all ages, genders, and ethnic backgrounds. Our caring and responsive office staff are always happy to hear from you and answer any questions you may have, so please never hesitate to call us!

Have questions about Juvederm?

Call us at:

Or click [here](#) to send us a message

About Dr. Angela Sturm

Dr. Angela Sturm is a double board certified facial plastic surgeon with certifications with the American Board of Otolaryngology - Head and Neck Surgery and the American Board of Facial Plastic Surgery. Dr. Sturm's meticulous nature makes for exceptional results and satisfied patients. Dr. Sturm was named Texas Monthly's Super Doctors Rising Star in 2016-2017, then Texas Monthly's Super Doctor in 2018-2019, H Texas Magazine's Top Doc in 2013-2018, Top Doc by Houstonia magazine in 2016-2018, Houston Business Journal's People on the Move and 40 under 40, Blazing Star Award by Texas Women's Chamber of Commerce, Top Women in Business, one of the Top 30 Influential Women of Houston, Best Female Cosmetic Surgeon in Out Smart for multiple years in a row, Top 25 Beautiful People in Houston,

and given the Patients' Choice Award, On Time Doctor Award and Compassionate Doctor Award by Vitals.com.