

How to Save \$264 a Year on Beauty Treatments

How to make your facial fillers last

Expert: Dr. Robert Guida, board certified facial plastic surgeon at the New York Center for Plastic Surgery

The results of injectable beauty treatments like Botox, Restylane and collagen, usually last between three and six months and cost around \$400 on average, depending on the location injected and your doctor. By following these certain general precautions for the first week (or at most 2 weeks) after your injections, you can extend the life of their effects.

Tip 1: Keep your heart rate low. Heavy aerobic activity, which increases the heart rate, can wash or flush the material out quicker, says Guida.

Tip 2: Avoid intense heat and sun exposure. "Heat increases blood flow and with increased blood flow substances such as Restylane or collagen could be more "efficiently" flushed through the system, thus lessening their longevity," says the doctor.

Tip 3: Do NOT have regular facials -- the massage and pressure will cause the material to dissipate more quickly.

Tip 4: Sleep with your head elevated. This decreases blood flow to the injected areas, because again, increased blood flow can flush material out quicker.

