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JUVÉDERM Dermal Fillers Pre & Post Treatment Care Sheet

Before Treatment

- Avoid the use of Aspirin, NSAIDS, and certain vitamins/supplements such as fish oil, St. John's wort, ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks before your treatment as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment.
- You may take *Arnica montana* tablets (an over the counter supplement) 2-3 days prior to your injection to reduce the risk of bruising.
- Do not apply products that are potentially irritating for 2-3 days before your treatment.
 - o Examples: tretinoin/Retin-A, glycolic acid, benzoyl peroxide, hydroquinone
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- You are NOT a candidate for JUVÉDERM if you are pregnant or breastfeeding, or allergic to any of its ingredients (including lidocaine).

Day of Treatment

- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness during and following injections.
- Redness and swelling are normal. Some bruising may also be visible right away.

After Treatment

- Ice (but avoid firm pressure) for 15 minutes, 3 times the day of your treatment.
- You may take Acetaminophen (Tylenol) if you experience any mild tenderness/discomfort.
- Do not massage treated areas after treatment unless otherwise directed.
- After treatment there will be moderate swelling and redness with the possibility of bruising. These symptoms usually resolve within 7-10 days. Oral consumption and/or topical application of *Arnica montana* after treatment may help to reduce bruising and swelling.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours.
- Avoid microneedling, laser treatments (IPL), and other invasive procedures of the area for at least 2-3 weeks.
- You may resume applying your topical products as mentioned above 1 week after treatment.
- **Follow up Appointment:** If the desired level of correction has not occurred by day 14, additional JUVÉDERM may be needed. Please call our office to schedule an appointment if you would like more JUVÉDERM.
 - o Please note: Additional treatment will be charged at the current price.

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