



Recommended Pre & Post Care for Juvéderm® Fillers

For best results please follow these instructions.

Before your treatment:

- Review the Bruise Prevention Protocol on our website. Taking an oral Arnica Montana supplement (available at our office) prior to your treatment may help prevent bruising.
- Some medications or supplements that thin the blood may increase the risk of bruising. Consult with your physician.
- Avoid facials, chemical peels and laser treatments for 1-2 days prior to treatment.
- Notify your physician of any changes to your health history or medications since your last appointment.
- Wait at least 2 weeks after receiving vaccinations or dental work.
- If you have a history of herpes or cold sores, an anti-viral prescription is recommended prior to treatment in that area.

For 24 hours after your treatment:

- Avoid touching the treatment area and injection sites to help prevent infection. Keep hair away from the treated area. Don't allow pets to touch the treatment area.
- Don't apply makeup or skin care products to the treatment areas.
- Alcoholic beverages are not recommended, and spicy foods may increase swelling in the lips.
- You may take Tylenol for discomfort but wait 24 hours before taking ibuprofen (such as Motrin or Advil), aspirin, Aleve or Vitamin E to minimize bruising.

For 48 hours after your treatment:

- Use cool (not freezing) compresses briefly if the treated area is swollen.
- Don't massage or manipulate the injection areas. Wash your face gently.
- Avoid strenuous physical exercise and extreme sun, heat or cold.
- Avoid sleeping on the treatment areas. If possible, sleep on your back or use soft pillows.

For 1 - 2 weeks after your treatment: Postpone facials, chemical peels and laser treatments until after the skin is completely healed, and inform your practitioner about your filler treatment. Postpone unnecessary vaccinations and dental procedures for at least 2 weeks after your treatment.

What to expect:

- The most common side effects are redness, swelling, pain, tenderness, firmness, itching, lumps/bumps, discoloration, and bruising at the injection sites. These side effects should resolve within one to four weeks.
 - If bruising occurs, refer to the Bruise Prevention Protocol.
 - Call your doctor immediately at **(480) 785-2100** in the unlikely event you have: 1) changes in your vision, 2) signs of a stroke (including sudden difficulty speaking, numbness or weakness in your face, arms, or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion), 3) white appearance of skin, or 4) unusual pain during or shortly after treatment. Severe pain after injection is not usual. Call your doctor if you have: 1) significant pain at or away from the injection site, 2) any redness and/or visible swelling that lasts for more than a few days, 3) any side effect that occurs weeks or months after treatment, or 4) any other symptoms that cause you concern.
 - Please schedule a follow up appointment in 2 to 4 weeks following your treatment.
 - Additional instructions: _____
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