



Juvederm Post Treatment Instructions

- 1. Do NOT massage or apply pressure on the treated area for 6-8hrs after treatment.**
- 2. In order to allow the dermal filler to stabilize, avoid overly excessive movements of the muscles in your face for the 1st couple of days, especially during the 1st 6 hours after treatment.**
- 3. Do NOT lie down for 6 hours after treatment** to avoid the chance of applying pressure on the treated areas (from the pillow) and avoid the risk of rubbing the area accidentally.
- 4. Avoid yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for the 1st 24 hours after treatment.** This may cause temporary redness, swelling, and/or itching at the sites of the injection.
- 5. Avoid facials and saunas for 24 hours after treatment** since this will decrease the chance of your blood pressure rising and thus decrease the chance of minor and temporary bruising.
- 6. Avoid taking Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks** since this may increase the risk of bruising. You may shower and do most other regular daily activities.
- 7. Be aware that any bumps or marks will go away within a few hours.**
- 8. If you do develop a bruise** it will resolve like other bruises you have had in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer. Swelling in the lips usually last for 2 days but can last up to 1 week; and the lips may appear uneven until the swelling subsides. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.
- 9. You may apply makeup lightly** after treatment
- 10. Initially, the physician may want to see the patient between 2-4 weeks for a brief “touch-up” and checkup of the procedure.**
- 11. Cold compresses may be used 10 minutes on 10 minutes off** to reduce swelling 2-3x per day during the 1st 1-2 days if needed.