



Juvederm Pre & Post Care

- This treatment is not recommended if you have an important event within 3 or 4 weeks of injection due to potential for bruising and swelling.
- Avoid the following for up to 1 week pre and post injection: Aspirin, NSAIDS (Ibuprofen), Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids.
- Tylenol is fine.
- Do not touch, rub, or manipulate areas for the first 24 hours following treatment.
- Lumps in the injected area are normal and typically dissipate over the next several months. These lumps may be gently massaged if your clinician has instructed you to do so.
- Continue to ice or use cool compresses without pressing on the injected areas for the first 48 hours as recommended by your practitioner.
- Sleep with head elevated for the first 1-2 nights depending on level of swelling and bruising.
- Avoid vigorous exercise and heat for 3 days.
- It is best to avoid make-up for the first 12-24 hours.
- Bruising in the area injected is normal and expected, especially if treated around the eyes. Bruising usually lasts one week but can last up to several weeks. Eating 2 kiwi fruit and/or taking or using Arnica may help decrease the amount of bruising.
- Do not apply products that are potentially irritating for 2 days (Retin-A, glycolic acid, benzoyl peroxide, hydroquinone, etc).
- Perform a test spot prior to using these products by applying a small amount to the treated area, if there is any irritation, remove product and perform another spot test in 24-48 hours. Resume products when there is no sense of irritation.
- Avoid intense heat (sunbathing) or extreme cold for the first 2 weeks to avoid further inflammation to the area.
- Touch-ups may be done in 1-2 weeks if needed, but waiting 6 to 8 weeks is recommended.
- Avoid laser, IPL or skin tightening treatments of the area for at least 2-3 weeks, especially treatments that create heat in the dermis. Radio Frequency skin tightening treatments such as Exilis or eMatrix that treat deeper levels of dermal tissue are not recommended in the injected area post treatment for six months.