*Juvéderm Pre & Post*

 *Procedure Instructions*

*Pre-Treatment Instructions*

• Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).

• Avoid anti-inflammatory/blood thinning medications for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, garlic, feverfew, St. John’s Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.

• Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or vacation. Results from the Dermal Filler Botox injection(s) will take approximately 4 to 7 days to appear. Also, temporary bruising and/or swelling may be apparent in that time period.

• Discontinue Retin-A 2 days before and 2 days after treatment.

• Reschedule you appointment at least 24 hours in advance if you have a cold sore, blemish, or rash, on your face.

• If you have a history of cold sores, obtain a prescription from your physician for antiviral medication. This medication should be used 1 day prior to and 3 to 4 days after your treatment.

• Be sure to have a good breakfast, including food and drink, before your procedure. This will decrease the chances of lightheadedness during your treatment.

*Post-Treatment Instructions for Juvéderm for 24 hours after treatment:*

• Avoid significant movement or massage of the treated area.

• Avoid strenuous exercise.

• Do not apply makeup.

• Avoid extensive sun or heat exposure.

• Avoid consuming alcoholic beverages.

• If you have swelling, you can apply an ice pack for no more than 15 minutes, once an hour.

• Use Tylenol for discomfort.

• Avoid touching or manipulating the treated area for 6 hours following treatment. After 6 hours, the area can be gently washed.

• Avoid sleeping face down (on your stomach for 2 weeks following treatment.

•Do not receive a facial laser treatment or microdermabrasion after treatment with Dermal Fillers. If these treatments are desired, they should be performed prior to the Dermal Fillers treatment.