



TREATMENT INSTRUCTIONS | JUVEDERM

(Patient Take Home)

BEFORE TREATMENT

- Avoid alcoholic beverages within 24 hours of your treatment.
- Avoid anti-inflammatory drugs (Ibuprofen, Motrin, Advil, Aleve, Vioxx, etc.), aspirin, Vitamin E, or Ginkgo Biloba one week prior to treatment. This will reduce the possible side effects of bruising and/or swelling in the treated area(s).
- Avoid products/treatments that boost metabolism (diet pills and Endermologie) one week prior to treatment.
- You cannot be pregnant or breastfeeding to receive treatment.
- If you have a history of oral herpes, you must pre-treat with an anti-viral three days before your scheduled visit.

AFTER TREATMENT

- Swelling, redness, and tenderness will occur after your treatment and usually resolves within 72 hours.
- Ice can be applied to treated area to reduce swelling in the first 24 hours after treatment.
- Avoid manipulation of treated area for a minimum of four hours.
- Avoid products that boost metabolism for 1-2 weeks following your treatment as these products can minimize your results by flushing the Juvederm out before it takes effect.
- For the first 24 hours you should avoid strenuous exercise, alcoholic beverages, extensive sun or heat exposures as well as medications that tend to thin the blood.
- Avoid aesthetic lasers, Microdermabrasion, or IPL over areas with Juvederm for a minimum of one week after treatment.

FOLLOW UP

- Follow up treatments should be scheduled usually every six months.
- Consistent repeated treatments will produce best resolution of wrinkles.