

## JUVEDERM PRE & POST PROCEDURE INSTRUCTIONS

### PRE-PROCEDURE

- Avoid taking Aspirin, Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) such as Motrin/Advil for 5 days prior to procedure
- Avoid Vitamin E, Fish Oil, Ginko Biloba, St. Johns Wart, Ginseng, and Garlic 7-10 days prior to the procedure. These drugs and herbs may cause increased bleeding & bruising
- Suggest eating at least 1 cup of fresh pineapple or pineapple juice for 3 days prior to appointment (the enzyme it contains can help prevent bruising and swelling)
- Arnica Montana (found at any health food store) as directed will also help prevent bruising and swelling
- Avoid dental procedures including cleanings 2 weeks before and after injections
- Cancel appointment if unwell

### POST-PROCEDURE

- Avoid excessive heat such as saunas, hot showers, the hot sun. This may cause the blood vessels to dilate and cause more bleeding and bruising
- Avoid strenuous exercise after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling
- Wear sun block to protect your skin
- Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising
- If lips are treated avoid straw drinking immediately after your treatment and for 2 weeks
- No massages of the area treated or with face in a massage/chiropractor table cradle for 2 weeks after treatment
- Avoid taking Advil, Vitamin E, Ginger, Ginko Biloba, Ginseng, and Garlic for 2 weeks after the procedure.
- Do not apply make-up after the procedure for 12-24 hours
- You may apply cold compresses or ice to the treatment sites to reduce swelling and bruising if instructed by your provider
- Note that any bumps or marks from the small needle injection sites will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching at the injection site.