

Following Your Juvederm® Filler Treatment

- Immediately after treatment there may be redness, bruising, swelling, tenderness, lumps/bumps and/or itching near the injection site. This is normal and generally disappears within a few hours to a few days.
- You may gently apply a cool compress to the treated areas for 15 minutes every few hours as needed (for up to 24 hours). We will provide cool pack(s) - please store in fridge, NOT the freezer.
- Do NOT perform any strenuous activities involving straining, heavy lifting, or vigorous exercise for the remainder of the day (ideally 24-48 hours). You may participate in light activities.
- To help alleviate bruising/swelling, we recommend the topical application (or tablet form) of Arnica Montana. (Found in the natural foods section of your grocery store or at most local pharmacies, including the Synergy Remedy RX pharmacy within our clinic).
- Do NOT apply make-up for at least 12 hours following treatment. You may gently wash your face with a gentle cleanser and water.
- Depending on the areas treated and the product used, you may feel firmness of the filler. These areas will soften and settle with time (usually 1-2 weeks). If there is a visible bump, you can massage the area. Otherwise, do not massage/manipulate the treatment areas - this should be done by the provider.
- For pain or discomfort, you may take acetaminophen (Tylenol). Avoid use of anti-inflammatories such as ibuprofen (Advil, Motrin), Aspirin, naproxen (Naprosyn, Aleve), celebrex for 4 hours post treatment as they may increase bruising. Also avoid alcohol during this time frame.
- Sleep on your back the evening of your treatment to avoid pressure on the sides of your face. Use a travel/neck pillow for support if needed. Also, please use a fresh, clean pillowcase to avoid potential infection.
- Until the initial swelling and redness have resolved, do NOT expose the treated area to intense heat (i.e., hot shower/bath, sauna, hot tub, tanning) or extreme cold.
- Do NOT receive any facials, microdermabrasion, laser treatments, chemical peels, micro-needling, or facial massage for at least 2 weeks following treatment.
- Do NOT have any procedures (i.e. colonoscopy, surgery, permanent makeup, tattoos) or dental work, particularly cleanings, done within 2 weeks before/after filler to avoid bacterial contamination of the filler (via the bloodstream).
- Please remember that healing is a process. One side may heal faster than the other. Patience is key!

Follow-up appointments are to be booked 2 weeks post injection to assess results and response to treatment.

If the desired level of correction has not occurred by 2 weeks, additional Juvederm filler may be required. Periodic touch-ups/maintenance will help sustain the desired level of correction. This is recommended anytime between 6-12 months post initial treatment.

****Please contact the clinic immediately if you experience side effects beyond one week or have severe pain, blisters or scabs in the areas injected or beyond the area of injection.**

If you are experiencing an URGENT medical emergency such as anaphylaxis, shortness of breath or severe swelling, please call 911 immediately.