

## Dermal Filler (Juvederm®) Patient Instructions



### BEFORE Treatment Checklist

1. Please keep in mind that if you have a special event coming up, you will want to schedule your treatment at least 2 weeks in advance to allow for healing.
2. Stop taking medications that can thin the blood at least four days prior to treatment to minimize potential bruising or bleeding. Taking Tylenol for pain medication is okay.
  - \* Avoid Aspirin, Ibuprofen, Advil, Excedrin, Motrin
  - \* Stop taking St. John's Wort, Vitamin E, Fish Oil, Ginkgo Biloba, Ginseng, Flax Seed Oil
  - \* Avoid alcohol, caffeine, high-sugar and high-sodium foods for 24 hours prior to your treatment
3. It is recommended not to schedule any invasive procedures for 2 months before or after treatment, these could include: Dental work or cleaning, Endoscopy or colonoscopy, Internal device placement, Tattoo, Biopsy, or surgery of any kind.
4. If you come down with a cold/flu, cold sore, or rash anywhere near the desired treatment area, please reschedule your appointment until it resolves.
5. If you have had any cosmetic treatment, including laser, peels, facials, we recommend that you wait at least two weeks before have any dermal filler treatments performed.
6. If you have a history of cold sores which occur 4 or more times each year, we recommend that you begin medication for it at least 3 days prior to your treatment visit.

### AFTER Treatment Checklist

1. Do not touch or rub the area injected for 6 hours after treatment, this includes showering and cleaning
2. To prevent irritation or possible scarring, please:
  - \* Avoid vigorous physical activity, sun and heat exposure for 3 days after treatment
  - \* Avoid alcohol, caffeine, spicy foods, and cigarettes for 24-48 hours after treatment
  - \* Avoid use of Retin-A or similar products for at least 2 days after treatment
  - \* Avoid Aspirin, Motrin, and Essential fatty acids for at least 3 days after treatment
  - \* Avoid wearing any makeup or lipstick for a full day after the treatment
3. **Ice the treated areas for the next 24 hours.** Use the ice pack for 20 minutes and then take 20 minutes off. Repeat for the next 24 hours.
4. Avoid any additional cosmetic treatments, such as laser, peels, facials for 2 weeks after treatment
5. Please report to your provider any increased pain, swelling, redness, or blisters, should they occur after your treatment.