



CENTRAL  
MEDISPA  
AT ESPRIT  
HEALTH CLINIC

309 S Central Ave.  
Sidney, MT 59270  
406-488-5000

**PRE- AND POST-CARE INSTRUCTIONS FOR JUVEDERM/ VOLUMA/ VOLBELLA/ VOLLURE INJECTIONS**

• **7 days before**

- Avoid over-the counter blood thinning medications such as anti-inflammatory drugs (ibuprofen, Motrin, Advil, Aleve, Midol, Etc.), aspirin, Vitamin E, Gingko Biloba, St. John's Wart, & Fish Oil/ Omega 3.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Inform our clinical team if you have a history of cold sores to receive advice on possible antiviral therapy prior to treatment.
- Do not use Juvederm if you are pregnant or breastfeeding, are allergic to any of its ingredients (eggs!), or suffer from any neurological disorders. Please inform us if you have any questions about this prior to the treatment.

• **Day Of/ Immediately Before/ During Treatment**

- Arrive at Esprit with a "clean face". Please do not wear makeup. You may bring your own makeup to apply after your treatment. We do provide makeup wipes if you are unable to cleanse before you arrive.
- Although anesthesia is not required (there's already lidocaine mixed in the pre-filled syringe), our clinicians may use topical or injectable anesthesia to numb the treatment area first if you desire.
- Juvederm is introduced to your skin to augment or fill, wrinkles and folds. Following the injection, your clinician may gently massage the treated areas to mold it for optimal results. The procedure is quick and easy- you're usually done in 15-30 minutes.
- Redness and swelling are normal. Some bruising may also occur.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.

**After**

- Stay upright for four (4) hours following the treatment. DO NOT "rest your head" or lie down; sit upright!
- You may apply an icepack (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Once any pinpoint bleeding (if any) from the injection sites have subsided, you may begin wearing makeup.
- For the first 24 hours, you should avoid strenuous exercise, excessive sun or heat exposure, and consumption of alcoholic beverages in order to help minimize the risk of temporary redness, swelling and/or itching at the treatment sites.
- Some temporary injection-related reactions may occur, including redness, pain, firmness, swelling, and bumps. Studies have shown that these are usually mild to moderate in nature and clear up on their own in 7 days or less.
- Remember to be gentle when touching the newly treated areas.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sun screen.
- Wait 24 hours (or as directed by clinician) before receiving any skincare or laser treatments.
- You should see immediate improvement in the treatment areas. Most patients need one treatment to achieve optimal wrinkle smoothing, and the results last anywhere from 6 months-2 years depending on the product. Results may vary and corrections are temporary. Supplemental touch-ups may be required to achieve and maintain optimal results.

Please contact us at (406)488-5000 or [info@esprithealthclinic.com](mailto:info@esprithealthclinic.com)  
if you have any questions or concerns.

[www.esprithealthclinic.com](http://www.esprithealthclinic.com)