

## Juvederm Pre-Procedure Instructions

- Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as Motrin for 5 days prior to procedure.
- 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 excessive bleeding or bruising.
- Eat 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 (usually 5 tablets under the tongue 3 times a day) will also help prevent bruising and swelling and is highly recommended.

## Juvederm Post-Procedure Instructions

A few simple guidelines both pre and post-treatment can make a difference between a good result and a fantastic one.

- Avoid excessive heat such as saunas, hot showers, the hot sun or cooking over a hot stove. 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.
- Avoid direct sunlight for prolonged periods of time. Wear sun block to protect your skin. Sunlight may cause permanent discoloration after bruising.
- 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.
- No massages of the area treated or with face in a massage cradle for 2 weeks after treatment.
- Avoid taking Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks after the procedure since this may increase the risk of bruising. You may shower and do most other regular daily activities.
- You may apply Make-up after the procedure.
- You may apply cold compresses to the treatment sites to reduce swelling and bruising.
- We recommend Arnica Montana pills or gel to prevent bruising.
- Note that any bumps or marks from the extremely small needle sticks 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, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.

## Follow-Up Care

- Follow-up appointment 2 weeks after treatment.
- No activity restrictions.
- No special treatment site care.
- Return visit every 6 months to maintain results.

## **For Medical Questions, Please Call:**

- **For emergencies please dial 911.**
- For questions about your post procedural care please call 949.489.1317 during normal office hours; after office hours or on weekend and nights, please leave a message with the DrTen20 answering service.