



PRE AND POST TREATMENT INSTRUCTIONS

JUVEDERM FILLERS

PRE-TREATMENT

- ❖ When booking your Juvéderm Ultra/Ultra Plus/Volbella/Vollure/Voluma/Volux (Filler) appointment, please keep in mind the possibility of bruising after the treatment. If bruising occurs, it usually appears 24-48 hours after the injection and can remain visible for up to 7-10 days.
- ❖ To minimize the likelihood of bruising, discontinue the use of blood thinning medications and supplements as follows: Fish Oil, CoQ10, Vitamin E, Turmeric, Aspirin, and St John's Wort for 2 weeks before and 1 week after treatment; NSAIDS (Advil, Ibuprofen, Motrin, Aleve, etc.) for 3 days before and 1 week after treatment; and avoid drinking alcohol the night before and the day of your treatment. Do not discontinue any prescribed medications or supplements without first consulting your physician. Please review the list on the back of this page and inform us in advance if you are taking any of the medications listed.
- ❖ Invasive procedures should be avoided before and after your filler appointment to avoid infection. Invasive procedures include but are not limited to dental cleaning and all dental procedures, endoscopies, colonoscopies, biopsies, lesion excisions, surgeries, internal device placement, hormone pellet insertion, permanent makeup, and tattooing. Please avoid any of these for 2 weeks before and 2 weeks after treatment.
- ❖ Filler treatments may not be performed if you have an active infection or illness or are being treated for one. This includes colds and sinus infections. All prescribed antibiotics must be completed 2 weeks prior to treatment and any infections or illnesses must be completely resolved before you can safely get Filler.
- ❖ It is important to wait 2 weeks after Juvéderm injections and until any swelling and/or tenderness have resolved before getting other treatments to the area such as IPL, Lasers, Micro needling, facial treatments, and massage. When getting Filler treatments *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the Filler treatment. BOTOX and Juvederm treatments may be and often are performed on the same day.
- ❖ If you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment.
- ❖ Anticipate it taking up to 2 weeks to see final results from your Filler treatment and that sometimes additional Filler is required to achieve desired results.

TREATMENT DAY

- ❖ Please come to your appointment with a clean face – remove all makeup, creams and lotions.

POST TREATMENT

- ❖ Tenderness and swelling at the injection site after the treatment are common and should resolve within 24-48 hours. Bruising is also common and should resolve within 7-10 days.
- ❖ Ice may be applied to the area after Juvéderm Ultra/Ultra Plus/Volbella/Vollure/Volux treatment to help reduce swelling. Ice should not be applied to the area after Juvederm Voluma injections to avoid infection.
- ❖ Keep the treated area clean and do not apply makeup to the area for 24 hours following your treatment. Refrain from touching your face or allowing anything unclean to come in contact with your face. Do not immerse your head under water such as pools, the ocean, and hot tubs for 24 hours.
- ❖ For 48 hours post treatment, use only gentle cleansers, and apply gentle pressure when cleansing the treated area – do not use cleaning tools (i.e., Clarisonic) or facial scrubs on the area.

CONTINUED ON BACK

- ❖ For 24 hours after your treatment, avoid straining, heavy lifting, vigorous exercise and all forms of heat such as hot tubs, saunas, sun exposure and tanning beds. Massages, rubbing, and any pressure to the treated area should also be avoided for 24 hours.
- ❖ Filler results can last from 8 to 24 months, depending on the type and amount of Filler injected. To maintain best results, the area should be retreated as recommended by your provider and/or as soon as you notice lines and wrinkles are starting to reappear in the treated area.

MEDICATION AND SUPPLEMENT LIST

Please let us know in advance of your treatment if you take anything on the list below. It may be recommended that you discontinue certain medications prior to and after your Filler treatment. Do not discontinue any prescribed medications or supplements without first consulting your physician.

Advil	Choline	Endodan	Krill	Oxyphenbutazon	St. John's Wort
Aleve	Clinoril	Excedrin	Lortab ASA	Pamprin	Sulindac
Alka-Seltzer	Congesprin	Feldene	Magan	Parthenium	Synalgos DC
Amigesic	Cope	Fenoprofen	Mg Sallicylate	Pepto-Bismal	Tanacetum
Anacin	CoQ-10	Feverfew	Meclofenamate	Percodan	Thiosalicylate
Anaprox	Coricidin	Fish Oils	Meclofen	Persantine	Tolectin
Anaproxin	Corticosteroid	Fiorinal	Medipren	Phenaphen	Tolmetin
Ansaid	Coumadin	Flax Seeds	Mefenamic	Phenylbutazone	Toradol
APC	Darvon ASA	Fluribiprofen	Menadob	Piroxicam	Trandate
Argesic	Darvon	Froben	Midol	Prednisone	Trendan
Arthra G	Daypro	Garlic Tabs	Mobidin	Ponstel	Trental
Arthropan	Depakote	Gelpirin	Monogesic	Quagesic	Trigesic
A.S.A.	Dexamethasone	Genpril	Motrin	Relafen	Trilisate
Ascodeen	Diclofenac	Genprin	Nabumetone	Rexolate	Turmeric
Ascriptin	Dipyridamole	Ginko Biloba	Nalfon	Robasissal	Tusal
Aspergum	Disalcid	Goody's Body	Naprosyn	Roxiprin	Vanquish
Aspirin	Divalproex	Haltram	Naproxen	Rufin	Vitamin E
BC Powder	Doan's Pills	Halfprin	Norgesic	Saleto	Voltaren
Bayer	Dolobid	Ibuprin	Norwich	Salflex	Warfarin
Brufen	Dristan	Ibuprofen	Nuprin	Salsalate	Willow Bark
Bufferin	Easprin	Ibuprohm	Ocufen	Salsitab	Zactrin
Butazolidin	Ecotrin	Indameth	Omega Fatty Acids	Sine Off	Zorpin
Cephalgesic	Empirin	Indocin	Orudis	Sine Aid	
Cheracol Caps	Emprazil	Ketoprofen	Oruvail	Soma-Compound	

If you have any questions or concerns, please do not hesitate to contact our office at **727.518.7100**.

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