



Juvederm Post Treatment Instructions

1. **Do Not** manipulate the treatment sites
2. Avoid ibuprofen, aspirin or vitamin E for 24 hours after injection
3. You may experience swelling and bruising after the procedure.
 - If you experience swelling, you can apply ice to treatment area for 20 min every hour the evening after your procedure. Put a wash cloth between the ice bag and your skin.
 - Bromelin (can be found in pineapple and as an herbal supplement) and Arnica Montana (herbal supplements Sinnech and Vitamedica) may reduce bruising
 - It is safe to apply make up over any bruising that may occur
4. Avoid exercise or strenuous activity for 24 hours after your procedure.
5. Call the office if you experience any of the following:
 - Excessive pain
 - Redness, tenderness or pus drainage from treatment site
 - Persistent nodules under skin after 2-3 days
6. Filler lasts approximately 6-12 months