



Pre-Juvéderm Collection of Fillers Instructions:

1. Consultation: Schedule a consultation with your clinician to discuss your aesthetic goals and to determine if Juvéderm is the right treatment for you.
2. Avoid Blood Thinning Medication: For at least a week before your treatment, avoid taking blood-thinning medications such as aspirin, ibuprofen, or any other anti-inflammatory drugs. These can increase your risk of bruising or bleeding at the injection site.
3. Limit Alcohol and Smoking: Alcohol and smoking can also increase your risk of bruising. Try to limit or avoid these habits in the days leading up to your treatment.
4. Stay Hydrated: Drink plenty of water before your treatment. Hydrated skin can help achieve optimal results.
5. Skin Care: Keep your skin clean and moisturized. Avoid any harsh skin treatments or products in the week leading up to your treatment.
6. Healthy Diet: Maintain a healthy diet. Certain foods like green leafy vegetables, pineapple, and ginger can help reduce swelling and bruising, as may Arnica supplements.

Post-Juvéderm Collection of Fillers Instructions:

1. Avoid Strenuous Activity: Refrain from strenuous exercise or activity for at least 24 hours after your treatment.
2. No Touching: Do not touch, rub, or massage the treated area for at least 24 hours after your treatment.
3. Cold Compress: If you notice any swelling, apply a cold compress to the area for 15 minutes every hour.
4. Stay Hydrated: Continue to drink plenty of water. This not only helps your body heal but can also enhance the results of your treatment.
5. Sun Protection: Avoid excessive sun and heat exposure for at least a week after your treatment.
6. Follow-up: Schedule a follow-up appointment with your clinician to ensure the treatment is progressing as expected. The product will settle in over a period of three to four weeks and will last from 6 months to up to two years based on product.
7. Report any Severe or Lasting Side Effects: While minor side effects like redness, swelling, or bruising are common, contact your clinician immediately if you experience any severe or lasting side effects.

Remember, individual results may vary, and these instructions are meant to serve as general guidelines. Always follow the specific instructions provided by your clinician.