



PLASTIC SURGERY AUSTIN
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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.

After your procedure, please **avoid** the following:

- Excessive heat such as saunas, hot showers, the hot sun or cooking over a hot stove for the first 48 hours after the treatment. This may cause the blood vessels to expand and cause more bleeding and bruising.
- Strenuous exercise immediately after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.
- Direct sunlight for prolonged periods of time. Wear sunblock to protect your skin. Sunlight may cause permanent discoloration after bruising.
- Drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to expand and cause more bruising.
- Drinking from a straw immediately after your treatment if the lips were treated.
- Taking Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks after the procedure since this may increase the risk of bruising.

****Do not massage the treated area or place your face in a massage cradle for 2 weeks after treatment**.**

- 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.

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. We recommend Arnica Montana pills or gel to alleviate bruising.

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