



## juvéderm® after care

- Juvederm Ultra XC and Juvederm Ultra Plus XC are injected to treat Nasolabial Folds, Marionette Lines, Lip Lines and can be injected as Lip Filler, with results typically lasting 9 – 15 months. Juvederm Voluma XC is injected to fill cheeks and chin, typically lasting 18 – 24 months. Juvederm Volbella XC and Juvederm Vollure XC are injected to treat Nasolabial Folds, Marionette Lines, Lip Lines and Lips, with results typically lasting 15-18 months.
- It may be normal to feel "firmness" and/or "lumps" in your treated areas for a few days. These areas will typically soften/"settle" over the first two weeks. Do not rub or push on these areas. When cleansing your face or applying makeup, use gentle sweeping motions.
- Temporary side effects include mild to moderate swelling, bruising, redness/discoloration, soreness/tenderness, lumps/bumps, and itching at treatment site(s). These may be expected to last 2 weeks. You may gently apply cool compresses to the treated areas but avoid pressure. However, if you develop pain after injection, seek medical attention immediately.
- If an area of injection turns white or becomes painful after leaving our spa, immediately seek medical attention! If an area turns blue within 24 hours of your injection, immediately seek medical attention! These are signs of potential "necrosis"/"vascular occlusion" and immediate attention is needed to potentially avoid death of tissue.
- Consuming Alcohol, Motrin, Ibuprofen, Advil, Aleve, Naproxen, Aspirin, Vitamin E, or Fish Oil may thin your blood and increase risk of bleeding and bruising. Ideally avoid these products for two weeks before injections and 24 hours after your injections. Tylenol (Acetaminophen) is acceptable to treat mild pain.
- To decrease risk of infection at injection sites, wait a minimum of 12 hours before applying makeup. It is best to keep injection sites clean for 24 hours.
- Refrain from heavy exercise/sweating for 24 hours. A brisk walk or other light exercise is fine! Be sure to apply SPF 30 or higher to treated areas. Avoid extended sun exposure and cold exposure for 48 hours.
- Delay all dental procedures (except routine cleaning) for 2 weeks after injections.
- Wait a minimum of 6 weeks before receiving any laser treatments and 1 week before any skin care treatments due to increased risk of inflammation.
- Should you develop any difficulty breathing, swelling, chest pain, or other life-threatening symptoms, call 911 immediately.