

## Injectable Fillers - Post Care Instructions

- After your treatment, you might have some redness, swelling and occasionally bruising. This will normally last less than seven (7) days. If redness and swelling should continue beyond seven days or if other reactions occur, please call us.
- Apply cold compresses to the treatment sites to reduce swelling.
- Avoid touching the treatment area within six (6) hours following treatment. After that the area may be gently washed.
- Avoid sunbathing and cold outdoor activities until any redness and swelling disappear.
- If you have previously suffered from facial cold sores, there is risk that the needle punctures could contribute to another recurrence. Specific medications can be prescribed prior to the procedure in order to suppress an infection from this virus.
- Avoid exercise and alcohol for six (6) hours following treatment.
- Having a follow up treatment before the product has fully dissipated may enhance the lasting effect. Please be sure to contact us about recommendations for touchups.
- One (1) week prior to your next treatment with Juvederm Ultra, avoid taking herbals, oils, high doses of vitamins, aspirin, aleve, and other non-steroidal anti-inflammatory medications, such as ibuprofen. These agents may increase bruising and bleeding at the injection site.

**If at any time during office hours or after hours you have any questions, concerns, or problems, please feel free to contact the Lake Jackson office at (979) 297-9289 or Pearland office at (281) 598-6808. If calling after hours, follow the instructions given on the message.**

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Name

Date

Witness