

Juvederm® Pre- & Post-Care Instructions

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Juvederm® is a hyaluronic acid dermal filler used to restore volume, enhance facial contours, and soften lines. Proper pre- and post-care helps minimize side effects and ensure the best possible results.

Pre-Care Instructions

7 Days Before Treatment

To reduce the risk of bruising and swelling, avoid blood-thinning medications and supplements unless prescribed by your physician:

- Aspirin
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)
- Vitamin E
- Fish oil / Omega-3
- Garlic supplements
- Ginkgo biloba
- St. John's Wort

48 Hours Before Treatment

- Avoid alcohol consumption.
- Avoid excessive sun or heat exposure.

24 Hours Before Treatment

- Avoid strenuous exercise.
- Avoid facials, chemical peels, microneedling, or laser treatments in the treatment area.

Day of Treatment

- Arrive with clean skin; avoid makeup on the treatment area if possible.
- Eat a light meal prior to your appointment.
- Inform your provider if you:
 - Are you pregnant or breastfeeding
 - Have an active skin infection, rash, or cold sore
 - Are you taking antibiotics, blood thinners, or muscle relaxers
 - Have had recent dental work (filler treatment may need to be postponed)

Post-Care Instructions

Immediately After Treatment (First 24 Hours)

- Avoid touching, rubbing, or massaging treated areas unless instructed by your provider.
- Remain upright for at least **4–6 hours**.
- Avoid pressure on treated areas (tight hats, helmets, face-down sleeping).

First 24–48 Hours

- Avoid strenuous exercise, heavy sweating, saunas, and hot tubs.
- Avoid alcohol consumption.
- Avoid facials, massages, or skin treatments on the treated areas.
- You may gently cleanse your face and apply makeup after **4–6 hours**, unless otherwise directed.

What to Expect

- Swelling, firmness, tenderness, or bruising is normal and may last a **few days to up to two weeks**, depending on the treatment area.
- Small lumps or unevenness may be felt initially and typically resolve as the filler settles.
- Ice packs may be applied gently (10–15 minutes at a time) during the first 24 hours to help reduce swelling.
- Avoid direct sun exposure and excessive heat for **48 hours**.

Additional Juvederm® Care Guidelines

- Avoid dental procedures for **2 weeks** after filler treatment when possible.
- Do not massage or manipulate filler unless directed by your provider.
- Sleep with your head elevated the first night if facial swelling occurs.

Results & Longevity

- Results are visible immediately, with continued improvement as swelling subsides.
- Juvederm® typically lasts **9–18 months**, depending on the product used, treatment area, and individual metabolism.

Follow-Up & Safety

- A follow-up appointment may be recommended at **10–14 days**.
- Contact the office immediately if you experience:
 - Increasing pain
 - Skin discoloration (white, dusky, or dark patches)
 - Severe or worsening swelling
 - Vision changes
 - Difficulty speaking or swallowing

Individual results may vary. These guidelines are general recommendations and may be adjusted by your provider based on your personalized treatment plan.