Pre and Post Care for Skinvive

Skinvive® Pre- & Post-Care Instructions

Skinvive® by Juvederm is an injectable hyaluronic acid treatment designed to improve skin hydration, smoothness, and overall skin quality. Proper pre- and post-care helps minimize side effects and optimize 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 exposure, tanning, or heat.

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 irritation
  - Are you taking antibiotics or blood thinners
  - Have had recent injectable treatments or dental procedures

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Post-Care Instructions

Immediately After Treatment (First 24 Hours)

- Avoid touching, rubbing, or massaging treated areas.
- Remain upright for at least **4–6 hours**.
- Avoid applying pressure to treated areas.
- Do not apply makeup for at least **12 hours**, unless directed otherwise by your provider.

First 24–48 Hours

- Avoid strenuous exercise, heavy sweating, saunas, and hot tubs.
- Avoid alcohol consumption.
- Avoid excessive heat or sun exposure.
- Gently cleanse the skin and follow the provider-recommended skincare only.

What to Expect

- Mild redness, swelling, tenderness, or small bumps at injection sites are normal and typically resolve within **a few days**.
- Bruising may occur and can last several days.
- Skinvive® works gradually to improve skin hydration, smoothness, and radiance.
- Results become noticeable within **2–4 weeks**, with continued improvement over time.

Results & Longevity

- Skinvive® results typically last up to **6 months**.
- Maintenance treatments may be recommended based on individual skin goals.

Follow-Up & Safety

- A follow-up appointment may be recommended to assess results.
- Contact the office immediately if you experience:
  - Increasing pain
  - Severe or worsening swelling
  - Skin discoloration (white, dusky, or dark patches)
  - Vision changes
  - Signs of infection (fever, warmth, pus, or spreading redness)

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