



## **Post-Treatment Instructions for Juvederm XC**

Minor redness, swelling and bruising following your Juvederm XC treatment may occur. Immediately contact our office should you experience excessive redness, swelling, bruising, discoloration, heat and/or pain in the area of injections. Also, please contact our office if swelling lasts longer than 72 hours after your Juvederm XC treatment.

Take non-sedating antihistamines (Claritin or Zyrtec) as per package directions for 7 – 10 days to control swelling.

To reduce swelling and bruising, please avoid all alcohol consumption, extended sun exposure, vigorous exercise or becoming overheated for 24 hours following your Juvederm XC treatment and until all side effects have completely resolved.

To help resolve any bruising we recommend taking VitaMedica Arnica tabs. You should take 4 tabs under the tongue twice a day for 5 days. Be sure to avoid eating, drinking and brushing your teeth 15 minutes before and after taking the Arnica tablets. Do not place the Arnica tabs directly in your hand, as contact with the skin denatures the product. Instead, place the tabs directly under your tongue. Both Arnica tablets and cream are available for purchase in both of our locations.

You may take acetaminophen as needed for discomfort. Immediately report any discomfort that is more than minor.

Unless advised by your medical provider, avoid touching the treated area for 24 hours. However, you may gently wash your face and apply makeup 6 hours after your Juvederm XC treatment. Clean all make-up brushes, applicators and surfaces prior to application to prevent infection.

Avoid any facial treatments, massage or laser procedures until after your two week follow-up appointment and until these treatments have been cleared by your injector/provider.

You should not travel by air or engage in activities where you may experience changes in altitude or barometric/atmospheric pressure (diving, etc) for at least 2 weeks after injections as this can cause complications.

If you have a history of cold sores you may have an outbreak following your Juvederm XC treatment. Should this occur please contact our office to discuss a possible prescription for an antiviral medication.

Because we want you to have the VERY best results with your Juvederm XC treatment, we will have you come back in two weeks for us to evaluate the area(s) treated and make any necessary refinements to provide you with the best possible results and the longest lasting effect.

