

cosmetic fillers



PRE & POST CARE GUIDE

PRE-TREATMENT

- 1 to 2 weeks before treatment: AVOID chemical peels & laser treatments.
- 10 days before treatment: AVOID retinol, Retin A, Differin & topical products.
- 10 days before treatment: AVOID all blood thinning agents such as; Aspirin, Motrin, Flax Oil, Vitamin A, Vitamin E, Advil, Ibuprofen, Alleve (Naproxen), Gingko Biloba, garlic, ginseng & St. Johns Wort.
- 24 hrs before treatment: AVOID alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods & cigarettes.

POST-TREATMENT

- Cold packs may be used to help reduce swelling.
- Expect to feel firmness at the injection site for a few days after treatment, this is normal.
- Day of treatment: AVOID wearing makeup.
- Night of treatment: When washing your face DO NOT rub or press on treated area(s), gently blot dry.
- 6 hrs to 3 days after treatment: DO NOT press, rub or manipulate the treated area(s). Avoid direct pressure on the areas. Sleep on your back if possible.
- 24 hrs after treatment: AVOID alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods & cigarettes.
- 48 hrs after treatment: AVOID extensive sun exposure, heat, strenuous exercise & alcoholic beverages.
- 10 days after treatment: AVOID all blood thinning agents such as; Aspirin, Motrin, Flax Oil, Vitamin A, Vitamin E, Advil, Ibuprofen, Aleve (Naproxen), Gingko Biloba, garlic, ginseng & St. Johns Wort.
- 1 to 2 weeks after treatment: AVOID chemical peels & laser treatments.
- If bruises develop you may take oral Arnica or apply it topically.

For complete product & safety information, visit:

www.juvederm.ca

PLEASE TURN OVER FOR POST-TREATMENT GUIDE

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