



INJECTABLE HYALURONIC ACID DERMAL FILLERS

(Juvéderm Ultra, Juvéderm Ultra Plus, Juvéderm Voluma)

PRE & POST TREATMENT INSTRUCTIONS

Pre-care instructions:

- One week prior to your treatment, avoid using medications and supplements such as NSAIDS (non-steroidal anti-inflammatory medications, e.g., aspirin, ibuprofen, naprosyn), St. John's Wort, Ginkgo Biloba, and HIGH dosed of Vitamin E or Fish oil supplements. These agents may increase bruising, swelling and bleeding at the injection sites. You may take Tylenol instead. **NOTE: Stopping any prescribed medication should be undertaken only if your medical condition permits, per your treating physician's approval.**
- Avoid Alcoholic drinks at least 24-48 hr before treatment (Alcohol may thin the blood increasing risk of bruising).
- To reduce possible bruising you may take Arnica Montana Sublingual Tablets (5 pellets under the tongue 3 times a day) for at least 3 to 5 days prior to treatment. Continue to take Arnica Montana for 5 days after treatment.
- Please inform your treating Clinician about any future events, parties, auditions, Television/Film shoots, etc., you may need to attend. Due to the potential for bruising, it is best to avoid treatment if your event falls within 72 hours of your appointment. It is best to reschedule your procedure until after you have attended your event.
- Inflamed and sunburned skin is difficult to treat, so avoid irritants, harsh chemicals, mechanical trauma, and exposure to the sun. Always use Sunblock with SPF 45 or greater throughout your treatment course as a good habit to foster. Be prepared to be rescheduled if you have a cold sore, rash, or acne flare up on your face before treatment.
- During the course of your treatments, notify your treating Clinician of any changes to your medical history, health status, or personal activities that may be relevant to your treatment. You must be in good health with no active skin infections in the areas to be treated.
- If you have a history of cold sores/shingles (herpes virus) outbreaks over area being treated, there is a risk that the needle trauma could contribute to a recurrence. You will be therefore be asked to begin antiviral medications to minimize risk of herpes virus reactivation, and prevent an outbreak of cold sores or shingles.
- Please notify your treating Clinician of any potential allergies to HA filler ingredients/products, previous allergy or reaction to Filler or an active infection in treatment area, or if you have a history of severe general allergies, asthma or anaphylaxis.
- It is a good idea to have something healthy to eat before arriving to your appointment to decrease chances of lightheadedness during your treatment, and best to avoid caffeine for more comfort.
- Generally avoid high-sodium foods, refined carbohydrates, high glycemic foods, & spicy foods 24-48 hours before and after your treatment.
- Please kindly arrive to your appointment with a cleanly washed face without make-up.

Post Care instructions:

- Avoid touching or manipulation of the treated area(s) for 6-12 hours following treatment (No *pressure to face*)., whereas vigorous scrubs, massage or aggressive exfoliation should be avoided in the area of treatment for 72 hours.
- It is normal to feel a sensation of "firmness" in the injection site for the first few days up to 2 weeks after treatment. Over time, the area will soften, leaving a soft, natural result.
- **NO** straining, heavy lifting, vigorous exercise is advised for 12 hours after the treatment as the rise in heart rate and blood pressure may prolong bruising and swelling. Avoid NSAIDS (non-steroidal anti-inflammatory medications) and alcohol for 24-48 hours after the treatment.
- Makeup can be applied gently (without strenuous rubbing or excessive pressure) before leaving the clinic, however irritants such as Retin-A, Glycolic acid, Vitamin C, salicylic acid products and cosmeceuticals are best avoided in treated areas for at least 24 hours.
- You may apply cold compresses to the treatment areas, topical Arnica or Vitamin K creams, or take oral Arnica Montana or oral Bromelain supplements/fresh pineapple juice for swelling and bruising for 5 days following the procedure. **Note: It is best to use ice compresses for the first 72 hours, then switch to warm compresses thereafter for persistent swelling.**
- It is advisable to sleep on your back with your head slightly elevated to help minimize swelling/bruising for 24 to 48 hours post treatment.
- Lip filler injections may appear exaggerated due to swelling, but usually subsides in 24 to 48 hours. Minimize mouth motion (chewing, oral activities) for 24 hours to allow the product to settle into the tissues.
- Avoid extremes in temperatures such as direct, intense heat (saunas/steam rooms, blow dryers, hot showers, hot yoga, strenuous exercise, direct sun exposure, hot stove/oven etc.) until the initial swelling and redness have resolved after treatment.
- With most patients, the benefits of light/mid-weight Hyaluronic Acid (HA) Dermal Fillers (*Juvéderm Ultra, Ultra Plus*) last approximately 6 to 9 months up to a year., with effectiveness lasting longer, with longterm, successive treatments, due to collagen stimulation. Heavier Hyaluronic Acid filler products such as *Voluma* may last up to 2 years (especially when enhanced with 2 sequential treatments 6 months apart). HA dermal fillers will have a different effect and duration on each individual, with slightly different effects at each session. Each patient's own unique biology (e.g., variations between anatomic locations, previous surgery, implants or filler in the area, rate of Hyaluronic Acid Dermal Filler metabolism) will ultimately have an effect on both treatment efficacy as well as treatment duration.
- You may return for your next appointment as soon as you begin to notice more volume deflation, depletion, sagging, or exaggeration of wrinkles/depressions than you would normally desire in the treated area(s).
- Common effects such as mild localized pain, swelling, itching, tenderness, redness or bruising/bleeding at the site of injection may occur, but are temporary. Please contact Eye Care for the Adirondacks if swelling persists beyond 72 hours after the treatment.

NOTE: If you experience moderate persistent or worsening pain/discomfort, tenderness, unusual bruising, swelling, facial asymmetry, significant redness/rash, color changes (whitening or dusky discoloration of skin), hives/bumps, intense itching or any other symptoms that appear out of the ordinary, please notify our medical staff at your nearest

Eye Care for the Adirondacks location immediately.

If any unusual symptoms occur after-hours, please contact and notify DR. SHALINI KAPOOR, M.D., immediately at (310) 775-3700
If you experience a severe allergic reaction or systemic symptoms such as wheezing, feeling faint, difficulty breathing, speaking or swallowing, or dizziness, please dial 911 or seek medical attention at the closest emergency room.