

**HYALURONIC ACID FILLER POST-TREATMENT INSTRUCTIONS**

Please observe the following after treatment with the Juvederm Collection of Fillers (Ultra Plus, Voluma, Volbella, Vollure) or Restylane Products (L, Lyft, Kysse, Refyne, Contour):

- ✓ Immediately after the treatment, common side effects include temporary redness, swelling, pain/tenderness, itching, and/or bruising at the injection site. These effects typically resolve within 2 to 3 days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond that time period or if other reactions occur, please contact your physician.
- ✓ Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed with soap and water.
- ✓ If you have previously suffered from facial cold sores there is a risk that the needle puncture could contribute to a recurrence. Speak to your physician about medications that may minimize a recurrence.
- ✓ Avoid taking aspirin, non-steroidal anti-inflammatories (such as Advil, Aleve, Motrin or any medicines containing ibuprofen or naproxen), St. John's Wort, and high doses of vitamin E supplements for one week after treatment. These agents may increase the possibility of bruising and bleeding at the injection site.
- ✓ Avoid strenuous exercise and alcohol consumption for six hours post-treatment.
- ✓ Research shows that having a follow up treatment before the product has full dissipated will enhance the lasting effect. Please be sure to consult your physician about recommendations for follow-up treatments.