



## JUVEDERM After Care Instructions

Now that you've received JUVEDERM treatment, to achieve a rejuvenated and more youthful appearance, we recommend that you follow the below after care tips to achieve and maintain the best possible results from your treatment:

- Do not rub or massage the treated area for at least 24 hours
- Avoid putting excessive pressure on the treated area for at least 24 hours
- Avoid any strenuous activity or exercise for 24 hours
- Avoid applying make up for 12 hours
- Avoid extended exposure to sun or UV light for 2 weeks
- Avoid extended exposure to heat or freezing temperatures for 2 weeks

If you experience any slight bruising it is recommended that you use:

*Arnica cream apply 3 times daily*

While you may not experience any side effects at all, you may experience redness, pain, firmness, swelling, bruising, itching or discolouration at the treatment site.

To follow your results and for other documentation reasons you will be photographed and the results recorded in your confidential patient file.

While the effects of your JUVEDERM treatment will gradually decrease over time, the treatment usually lasts up to 12-18 months.