



Juvederm® & Restylane® Treatment Instructions

(Injectable Hyaluronic Acid filler)

Pre-Treatment:

- Avoid facial shaving/waxing and all blood thinners (ibuprofen, aspirin, Vit. E, fish oil, etc.) 1 week prior.
- Avoid alcohol 2 days prior to your treatment
- Wait at least 10-14 days after any chemical peel, laser, or microneedling treatment before filler.
- Do not have any dental work within 4 weeks or vaccinations within 2 weeks of your treatment.
- Eat a light meal and remove any make up prior to your appointment.
- Please inform your provider if you have a history of cold sores, skin cancer, or any active infections.
- The treatment area will be cleaned with antiseptic, and a topical anesthetizing cream may be applied.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

Post-Treatment

- Avoid touching your face and cell phone to your face for 6-hours to decrease risk of infection.
- Avoid blood thinners for one more day, Tylenol may be taken if there is any discomfort.
- Bruising, swelling, redness, and pinpoint bleeding is to be expected and can last up to 5-7 days after.
- Icing can help decrease swelling and bruising, and makeup can be applied next day.
- Avoid swimming, vigorous exercise, hot tubs, saunas, and steam rooms for 1-2 days.
- Avoid excessive sun, tanning beds/tanning products until redness has resolved.
- Hydrate well, as adequate water intake following treatment will improve injection outcomes.
- Do not apply excessive pressure or massage your face for 2 weeks. Be gentle when washing your face.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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