JUVÉDERM® XC Pre and Post Care

PRE-TREATMENT INSTRUCTIONS
1. **Allergy to lidocaine is a contraindication for JUVÉDERM® XC.** If you have a lidocaine allergy, you are NOT a candidate for JUVÉDERM® XC.
2. For optimal results and to decrease the chance of bruising at the injection site, please avoid all blood thinning medications and supplements for 1 week prior to your JUVÉDERM® XC appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
3. If you have a history of cold sores, there is a risk that JUVÉDERM® XC injections near or into the lips can stimulate a recurrence. We may recommend prophylactic antiviral therapy in the form of Valtrex® or Aycylovir. If so, follow the directions for your prescription.
4. You may not be pregnant or nursing.
5. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT INSTRUCTIONS
1. During the course of your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Our staff is always available to respond to any questions, concerns, or comments you may have.
2. Honolulu MedSpa takes every possible precaution to ensure your comfort while undergoing treatments. Our Aesthetic Nurse Specialists have been specifically trained in Dr. Yeo’s proprietary “no ouch” technique, which will minimize your discomfort, reduce the risk of bruising, and enhance your treatment outcome.

POST-TREATMENT INSTRUCTIONS
1. Immediately following the procedure, the most commonly reported temporary side effects are temporary redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling.
2. **To avoid bruising**, avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
3. **To maximize your results and prevent adverse effects:**
   a. Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
   b. JUVÉDERM® XC may be malleable for the first 2 weeks; to keep the JUVÉDERM® XC where our providers have placed it, sleep on your back and avoid rubbing the treated area for 2 weeks.
   c. Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
   d. Mineral makeup, such as Glo Minerals may be applied immediately after the treatment if desired.
4. After a lip treatment, the lips may become swollen and look somewhat uneven or lumpy. This can persist for 3-7 days. If symptoms persist beyond 7 days, please contact our office for a follow up appointment.
5. **No facials, facial massages, or laser treatments for 2 weeks after the JUVÉDERM® XC treatment.** Most facials, chemical peels, laser, and light treatments may be done immediately prior to the JUVÉDERM® XC treatment. Botox® Cosmetic may be injected immediately before or after JUVÉDERM® XC; if you have any questions regarding this, please ask your provider.
6. **Follow up Appointment:** If the desired level of correction has not occurred by day 14, additional JUVÉDERM® XC may be needed. Please call our office to schedule an appointment if you would like more JUVÉDERM® XC. Please note: Additional JUVÉDERM® XC treatment will be charged at the current JUVÉDERM® XC price.
7. JUVÉDERM® XC fills areas of lost volume, however, it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their JUVÉDERM® XC treatments with other anti-aging and corrective procedures such as Botox® Cosmetic, Pixel, AFT, etc. If you have any questions regarding which additional treatments may be of benefit for you, please ask your provider.
1. **JUVÉDERM® XC lasts 6-12 months on average.** It is not necessary to wait 6-12 months to return for treatment; you may return for your next, and/or additional, JUVÉDERM® XC treatment as soon as you would like more volume correction in the treated area or any additional area(s).

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.