

Juvederm/Voluma After Care Instructions

Avoid any massage or direct pressure to treatment areas for 48 hours.
This may alter the placement of the filler.

Avoid make-up for 12 hours in the areas where you had injections,
Avoid skin care products for 24 hours in the areas where you had
injections.

Avoid extreme cold or heat for 48 hours after injections

Postpone any dental procedures for 2 weeks after treatment.

Refrain from heavy exercise for 48 hours after treatment.

It is normal to experience firmness or “lumps” in your treated areas
for the first few days after treatment. Over time, these areas will
soften and settle.

Avoid consuming alcohol, Motrin, Ibuprofen, Advil, Aleve, naproxen,
aspirin, vitamin E and fish oil for 24 hours before and after treatment.

Short term side effects may include discomfort, swelling, bruising,
redness, or irritation at the injection sites. These symptoms may last
up to 2 weeks. You may use a cold pack, but avoid excessive
pressure.

Avoid UV exposure until redness has subsided. Wait at least one
week before receiving any skincare treatments to treated areas.

Should you develop chest pain, difficulty breathing, or other life
threatening symptoms, call 911 immediately.