

EDEN MEDISPA & DR. LYNORE MARTINEZ
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JUVADERM (FILLER) - Client Pre and Post Care Instructions

1. After your treatment, you might have some redness and swelling. This will normally last less than seven days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond seven days or if other reactions or side effects occur, please contact us.
2. Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed.
3. Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappear.
4. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to Dr. Martinez about medications that may minimize a recurrence.
5. Avoid exercise and alcohol for twenty four hours after treatment.
6. Having a follow-up treatment before the product has fully dissipated will maintain your refreshed appearance. Please be sure to consult us about recommendations for touch-up or following-up treatments.
7. Please observe the following: One week prior to your next treatment with Juvaderm, avoid taking St. John's Wort, high doses of Vitamin E supplements, aspirin and other non-steroidal anti-inflammatory medications such as ibuprofen. These agents may increase bruising and bleeding at the injection site.
8. If you bruise easily, we suggest starting you on an anti-bruising and anti-swelling oral medication the day of your treatment. We recommend Sineech Capsules. This medication is available in our office for purchase.

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