



FILLER AFTER-CARE INSTRUCTIONS

Immediately after your treatment, there may be slight redness, swelling, tenderness, and an itching sensation in the treated area. This is a normal result of the injection. The inconvenience is temporary and generally disappears in a day or two. If the inconvenience continues or if other reactions occur, please contact our office.

The initial swelling after treatments may last longer than two days. Some patients experience swelling for about a week and the injected area can look somewhat uneven during this time. This means that the result directly after the treatment should not be seen as the final result. It may take 2-4 weeks to even out.

After 3-6 weeks, we may want to re-evaluate the need for additional treatment. Vertical lip lines will not go away completely, but they will soften in appearance.

After any treatment with fillers, you may **FEEL** lumpy and/or bumpy for a few weeks or even months afterwards. This is normal. The key is **not** to **SEE** the lumps.

Avoid touching the treated area for 3-4 hours following the injection. After that, light make-up can be applied and the area can be gently washed with soap and water.

Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (i.e., sunbathing or tanning bed) or extreme cold.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores.

If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site. You may take Tylenol for discomfort.

Please avoid alcohol and exercise for 12 hours following the injection and be sure to drink plenty of water to stay hydrated.

You may gently apply the ice pack provided to you to the treated area for 10 minutes an hour for the first 3 hours following the injection. Apply lightly, do not use too much pressure. The '*shiny*' side of the ice pack feels best.

Finally, Juvederm gradually dissolves. The correction does not last forever. Many people choose to be treated again within 4-6 months of the original treatment.

If taking Arnica, continue for two more days, applying Arnica cream every 2 hours.

After 3 hours when Lidocaine wears off, if you feel any excessive heat or burning in or close to the injected areas, please call the office immediately.

Please feel free to call our office at 602.595.6271 with any additional questions you may have. **A copy of these after-care instructions can also be found on our website at www.camelbackwomenshealth.com.**