

# Fillers (Juvederm)

## What to Expect During Consultation/Treatment

- You will be asked basic medical history questions.
- The doctor will perform a facial analysis and discuss your treatment goals.
- Pre-treatment photographs may be taken.
- You should avoid applying makeup prior to your treatment.
- You should avoid blood thinners (aspirin, Plavix, Coumadin, Xarelto, Eliquis, etc.) several days prior to your treatment. Please consult with your prescribing physician prior to stopping these medications.
- The skin overlying the treatment area will be cleaned with alcohol.
- The pain associated with fillers is slightly greater than the pain with Botox. The new filler products, however, have a local anesthetic. After the first pass of injections, the treated area should begin to go numb.
- You can expect 5 – 10 injections based on desired treatment area.
- The area will be gently massaged to smooth out the filler.

## Post-Treatment Instructions

### General Instructions

- Avoid exposing scars to the sun for at least 12 months.
- If sun exposure is unavoidable, use strong sunblock (SPF 30 or greater).
- You may wear makeup with sunblock protection.
- Stay out of the sun until redness and bruising subside (48 hours).
- Patients should avoid aspirin and non-steroidal anti-inflammatory drugs (Motrin, Advil, St. John's Wart) or high doses of Vitamin E supplements for 7 – 14 days prior to injection because these substances can increase bleeding or bruising.
- Inspect daily for signs of infection.

### Diet

- You may resume your regular diet.

### Activity

- There are no activity restrictions with this treatment.

### How Should I Feel?

- Temporary stinging, throbbing, burning, redness, swelling or bruising may occur.
- Redness/bruising usually lasts 48 hours.
- Swelling may last several weeks.

### How Long Does it Last?

- On average, the effects last 12 – 18 months.

### Follow-Up

- A follow-up appointment should be made for 4 weeks after treatment.
- With regular follow-up treatments, the results can easily be maintained.

### Call the Office If:

- You experience increased swelling or bruising.
- Swelling and redness persists beyond 72 hours.
- You experience severe or increased pain.
- You develop a rash, nausea, headache or start vomiting.
- You develop a temperature over 100.4 degrees.
- You experience greenish or yellowish discharge.
- You notice a foul odor from the treated area.
- You experience loss of feeling or motion.
- You notice signs of abscess, open sores, skin peeling or lumpiness.

