



**Advanced[®]
Dermatology**

Skin Cancer and
Laser Surgery Center, P.C.

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JUVEDERM VOLUMA XC PRE & POST-OP CARE

Pre-Treatment Instructions

- To reduce the risks of bruising and/or bleeding, please avoid taking the following one week prior to your treatment and one week following your treatment:
 - Aspirin
 - St. John's Wort
 - High doses of Vitamin E
 - Anti-Inflammatory medications
 - Ibuprofen
 - Fish Oil
- Avoid consumption of alcohol within 24 hours of the procedure and for 48 hours after the procedure.

Post Treatment Instructions

- Avoid touching the treated area within 6 hours following treatment. After that, the area can be gently washed with soap and water.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sunlamp or sunbathing).
- Immediately after the treatment, the most commonly reported side effects were temporary redness, swelling and/or bruising at the injection site. These effects typically resolve within a few days. Cold compresses may be used immediately after treatment for 5-10 minutes every 2-3 hours to reduce the chance of swelling and/or bruising.
- If you have previously suffered from facial cold sores, there is a risk that the needle puncture could contribute to another recurrence. Speak to your physician about medications that may minimize a recurrence.
- Avoid exercise, spicy foods, and alcohol for 6 hours post-treatment.

If you have any questions, please don't hesitate to call the office.