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Otolaryngology
Head And Neck Surgery
Facial Plastic Surgery
Allergy, Asthma, Immunology

Juvederm® Post-injection instructions

1. Avoid lying down or massaging the treated area for 4 hours after treatment.
2. Avoid bending forward for 4 hours after treatment.
3. **Within the first 24 hours, avoid:**
 - Strenuous exercise or yoga.
 - Extensive sun or heat exposure.
 - Alcoholic beverages.
 - These may cause temporary redness, swelling and/or itching at the injection sites.
4. Make-up may be applied a few hours after treatment if no complications are present (e.g. open wounds, bleeding and infection).
5. If you get a headache (as some people do for few hours after the treatment) you may take a Tylenol, unless otherwise advised by your physician.
6. You may take **Arnica** (Arnica Montana) tablets if there is any bruising in the site of injections, or if you are prone to bruising.
7. Call the office if you have any questions.