



ALASKA FACIAL PLASTIC SURGERY & ENT  
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### Pre and Post Care Instructions

(Juvederm, Voluma, Restylane, Volbella, Vollure, Revanese Versa)

#### Pre-Treatment

1. Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
2. Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Talk to your prescribing provider to see if you can be off of Coumadin (warfarin), Pradaxa, Lovenox, Aspirin, Motrin, Advil (ibuprofen), and Aleve (naproxen). Alcohol, green tea, and supplements containing Vitamin E, ginseng, garlic, kava kava, celery root, fish oil, flaxseed oil, krill oil, glucosamine, and chondroitin may also thin your blood and should be avoided. Tylenol (acetaminophen) is considered safe.
3. Discontinue Retin-A 2 days before and 2 days after treatment.

#### Post-Treatment

1. After the facial filler treatment, you may have bruising, bleeding, swelling, redness, tenderness, pain, and/or itching after the injection. Occasionally, there may be some mild discomfort similar to what you would experience after any injection. These reactions last only a few days, however, they might last for as long as two weeks and in appropriate cases, may need to be treated with oral short term corticosteroids or other therapy.
2. You may apply an ice pack, avoiding excessive pressure over the area(s) where the filler had been injected. You may take Tylenol (Acetaminophen) for any discomfort. Other over the counter medications may increase bruising.
3. Redness may last for 1-2 days, occasionally up to a week in some patients following facial injection. Swelling in the lips usually lasts for 2 days, but can last for up to a week, and the lips may appear somewhat uneven until the swelling subsides. Keep your head elevated when possible by sleeping on 3 pillows or a recliner. In order to allow the filler to stabilize, try to avoid excessive movement of your facial muscles for the first day of the injection. After treatment, avoid strenuous exercise, exertion, and any unnecessary activities for the first 24 hours. Extensive exposure to the sun and heat as well as alcoholic beverages should be avoided as well. These may contribute to increased swelling or irritation.
4. It is normal to have a feeling of "firmness" in the injection area. Over time, the injection area will soften, leaving a soft, natural appearance. Once the filler is injected, the provider will massage the area treated, which may cause a temporary, minimal to moderate amount of redness. You may be able to feel the material (lumps or bumps), but it will not be noticeable. Do not try to "smooth" out the filler. The provider has already massaged the filler into the treatment area and further massaging could move the filler out of the desired location and may cause an undesired effect.
5. If you are considering laser treatment, chemical skin peeling or any other procedure based on a skin response after filler treatment, or you have recently had such treatments and the skin has not healed completely, there is a possible risk of an inflammatory reaction at the injection site.
6. Try to avoid wearing make-up or lipstick until the day after treatment. Earlier use may cause pustules.
7. Many patients are pleased with the results of their facial filler treatment. There are, however, no guarantees that the fine lines, wrinkles, and folds will disappear completely. As with any cosmetic procedure you may require additional treatment to achieve the results you desire. The filler treatments are temporary and additional injections will be needed periodically to maintain results, usually 6 to 12 months depending on the filler and how quickly your body breaks it down.
8. Any cosmetic procedure may activate cold sores or fever blisters. Please let us know if you develop these conditions easily before the injections. If you develop these lesions after the injection, we may prescribe some antiviral medications. Please do not hesitate to call with any questions or concerns that you may have following your facial filler treatment.
9. **Please report to your physician immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.**