



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Hyaluronic Acid Fillers Post Care Instructions (Juvederm Ultra/Juvederm Ultra Plus XC/Voluma/Volbella/Vollure)

Within the First Hour of Treatment

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. You may take Pepcid and Benadryl to help symptoms resolve faster. If these symptoms last more than 3 days, please contact Dr. Pennington.
- For lip injections if you have history of HSV or fever blisters please notify Dr. Pennington prior to injection. She will give you a prescription for Valtrex Take 2 tables at time of injection or immediately after and then 1 tablet daily for 5 days.
- You may take Arnica cream and tablets, and bromelain tablets - all of which may reduce or resolve potential bruising.
- We will provide you with an ice pack to use for 10-15 minutes at a time. Re-cool and reapply every 30 minutes to an hour for the first couple of hours after injection.
- You may take acetaminophen (Tylenol) to reduce any pain as necessary. Do not take NSAIDs such as ibuprofen or naproxen.

Within 6 to 10 Hours of Treatment

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports.
- Minimize movement of the treated area(s). However, if there is a visible bump, you can massage the area **ONLY** if directed by Dr. Pennington. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks).
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser. Dr. Pennington recommends using a sensitive cleanser such as the Cetaphil to avoid additional skin irritation.
- If you received lip injections your lips may feel dry or chapped due to the skin on the lips stretching, you may apply Aquaphor or Vaseline to the lips.

Please Contact Us Immediately (318-216-5366) if You Experience:

- Fever and/or chills
- If the area appears red, hot to the touch, and "angry" looking.
- Severe pain or increasing pain
- Discolored blotches in areas not injected or blanching of injected areas