

What to expect after Juvederm / Voluma / Restylane (HA Fillers)

- Immediately after HA Filler, we strongly advise that you go home and rest.
- No strenuous exercise for a day or so.
- No alcohol for 4 hours after procedure.
- Cool compresses will help with any swelling or tenderness you may experience. Cool compresses should be frozen gel packs or crushed ice and water in a ziplock bag - slushy consistency works well. Wrap a clean dry cloth around the compress and apply gently to areas for 10 minutes 2 to 3 times an hour.
- You may take Advil/Aleve if needed.
- Apply the Vitamin K Cream to the injected areas with a Q-tip 3 to 4 times a day for 3 to 5 days.
- You may cleanse and moisturize your face as normal and apply makeup 24 hours after the procedure.
- DO NOT massage the areas where the HA product was injected UNLESS otherwise directed by Dr Browne.
- For 2 to 3 days try to limit movement (smiling, laughing) if you have filler around the mouth area and we recommend a soft diet that does not require a lot of chewing (soup, mashed potatoes etc).
- For 2 to 3 nights we recommend you sleep on your back with your head elevated with a pillow.
- It is normal to have tenderness, swelling, and palpable 'Lumpy Bumpy' feeling at the site of injections. Swelling and tenderness usually last 2 to 4 days. The 'Lumpy Bumpy' feeling may take up to 6 weeks to resolve and soften but, depending on the amount of filler and the area injected, it may take up to 10 to 12 weeks. This is natural due to the nature of the HA filler products.
- Bruising can last up to 2 weeks and, depending on the area of the face, it can be very difficult to cover/camouflage with makeup.
- The full effect or corrective filling may take 2 to 3 months to see, due to the nature of the HA product used.
- If you have any questions please call Caron at 233-8088.