

Discharge Instructions: Juvederm

Thank you for allowing us to treat you at Self Care LA!
We're excited to take this Juvederm journey with you.

Post-Treatment Care:

- Avoid massaging or touching the treated area for at least 3-4 days
- Avoid exercise and makeup for the first 24 hours after treatment
- Minimize alcohol use (sorry!) and salt intake to reduce potential swelling
- Apply ice/cold compress to the treated area for 15 minutes per hour
- For any pain/discomfort, over the counter tylenol should be sufficient
- As much as possible, try to sleep face up and elevated to minimize swelling

Some things to keep in mind:

- It is inevitable to experience bruising with dermal fillers; taking Arnica or Bromelain tablets 2 days prior to treatment and continuing for a week will help with the bruising.
- The filler may look and feel very bumpy immediately after treatment; this is normal and takes at least 2-3 weeks to smooth out.
- We would love to have you come back at the 1- month mark for a follow-up and to take some before and after pics to show you the dramatic results!

If you have any questions or concerns about your treatment, you can always get In touch with us.

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