



*(858) 487-DrHa (-3742)*  
*drchiha@highlyartistic.com*

## **Radiesse & Juvederm Pre & Post Care Instructions**

1. You can markedly lower your risk of bruising and swelling from injections of filler by avoiding blood-thinning agents for a week before the procedure. Talk to your doctor to see if you can be off warfarin, Pradaxa, Aspirin, or Plavix for a week. Over-the-counter painkillers such as aspirin, ibuprofen (Motrin & Advil), & naproxen (Aleve), should be avoided. Acetaminophen (Tylenol) is considered safe. Alcohol, green tea, and supplements containing Vitamin E, ginseng, garlic, kava kava, celery root, glucosamine, fish oil, flaxseed oil, krill oil, & chondroitin may also thin the blood.
2. After Radiesse or Juvederm treatment, you will have some swelling. Bruising is possible but uncommon. Occasionally there is some mild pain, swelling, itching or redness at the site of injection - similar to what you could experience after any injection.
3. You may apply ice pack without excessive pressure over the areas with bruise and severe pain only. You may take acetaminophen, naproxen, Motrin, or other anti-inflammatory medication, to reduce any discomfort. Redness may last for 1 - 2 days, occasionally longer in some patients. 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 a recliner or on 3 pillows.
4. In order to allow the filler to stabilize, try to avoid excessive movement of your facial muscles for the first few days, and in particular during the first 6 hours after your treatment.
5. Both Radiesse and Juvederm are collagen-stimulating agents, and it may take up to 4-6 weeks for your own collagen to deposit in the injected areas in place of the injected materials. Therefore, during the initial 4-6 weeks, you may be able to feel the materials (lumps and bumps), especially when Radiesse is used.
6. Any cosmetic injection may activate cold sores or fever blisters. Please let us know if you develop these conditions easily before the injection. If you develop these lesions after the injection, we may prescribe some antiviral medications.
7. Please do not hesitate to call with any questions or concerns

***"For A Healthy Appearance!"***