

**JUVEDERM and VOLUMA – Aftercare Instructions**

1. No vigorous exercise for 24 hours.
2. No facial or massage for 7 days.
3. Tylenol is OK if residual discomfort, but avoid ibuprofen or aspirin for 3-4 days.
4. Please gently ice the treated areas for 15 minutes each hour the first day. Do not freeze the skin.
5. Arnica Montana 30: 2 tablets every 2 hours the first day, then every 6 hours the following 2 days.
6. Avoid hot water or steam to the face for 2-3 days.
7. You may expect swelling or possibly some bruising of treated areas for several days up to a week.
8. Initially the treated areas may feel full and firm but will soften over the following week.
9. If small bumps are noted, you may gently roll over the area with a Q-tip to smooth. The hyaluronic gel remains malleable for up to a week.
10. Be gentle with your face for 3-5 days. In general, avoid any activity that would increase circulation to the face, and therefore increase swelling and/or bruising.
11. Avoid sun or extreme cold for 3 days.
12. The faint ridges remaining from the arque derma lift procedure may remain visible for 1-2 weeks. Thereafter, you may press down gently to hasten their resolution.

Please call with questions or concerns: 303.527.0101  
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