



Pre-treatment Instructions for Juvederm XC

The following guidelines are for the purpose of assuring the best possible results of your Juvederm treatment while limiting unnecessary side effects such as bruising, swelling and risk of more serious complications. Notify us if the following situations apply to you. Your Juvederm treatment may need to be delayed or rescheduled if:

- *If you are experiencing illness or infection
- *You have upcoming or recent dental work, this may cause infection in the areas treated with Juvederm
- *You have upcoming air travel or activities where you will experience changes in altitude or barometric pressure
- *You have activities planned where you cannot tolerate bruising or swelling in the areas treated with Juvederm

We recommend that you take a non-sedating antihistamine (e.g. Claritin or Zyrtec,) one per day starting the day of your treatment, and continuing for 7 – 10 days after your injection and until any swelling subsides. This can help reduce swelling and prevent more serious complications following your Juvederm treatment.

To reduce your risk of bruising we recommend that you take Arnica Montana (homeopathic preparation only) starting the morning of your injections. You can obtain the correct formulation of Arnica from our office. If you are on prescription blood thinners (e.g. Coumadin), do not take Arnica for this procedure.

If you are on daily aspirin prescribed by your physician, **do not** stop your aspirin in preparation for this procedure. If you are on aspirin daily that is **not prescribed** by your physician, then we recommend that you discontinue the aspirin at least one week prior to your Juvederm treatment to limit bruising. To reduce your risk of bruising we recommend that you avoid the following for one week prior to your Juvederm treatment:

- *Red Wine
- * Vitamin E
- * Ginkgo Biloba
- *Green Tea
- *Willow
- *Licorice
- *Red Clover
- *Non-steroidal anti-inflammatories (Motrin, Ibuprofen, Aleve, Advil)
- *Fish Oil & Flack Seed Oil
- *Garlic Supplements
- *Red Clover
- *St. John's Wort
- *Angelica

To further reduce your risk of bruising we recommend consuming foods high in Vitamin K, biotin, Vitamin C and flavinoids, the week prior to your injections. These vitamins and foods have shown to decrease bruising:

- *Spinach
- *Buckwheat Pancakes
- *Bananas
- *Canteloupe
- *Broccoli
- *Grapes
- *Citrus fruits
- *Black Currants
- *Apricots
- *Blackberries
- *Cherries
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