

A. JOSHUA ZIMM M.D., P.C.
FACIAL PLASTIC & RECONSTRUCTIVE SURGERY

**Pre and Post Treatment Instructions for
Temporary Fillers (Juvéderm®, Restylane®, Voluma™)**

Pre-treatment Instructions:

- Avoid anti- inflammatories (such as ibuprofen, Motrin, Advil, Aleve, etc) aspirin, vitamin E, Ginkgo Biloba one week prior to treatment, in order to reduce the possible side effects of bruising/swelling in the areas of treatment
- Avoid Alcoholic Beverages (within 24 hours of treatment)
- Avoid Chemical Peels and Laser skin treatments 1-2 weeks prior to treatment with fillers
- If you tend to bruise easily, you may take Arnica Montana (SinEcch™) immediately after your treatment. For the remaining pills, please follow the directions behind each capsule. You can obtain Arnica without a prescription at some pharmacies and most health food/ nutritional supplement stores.

Post-treatment Instructions:

- Apply cool (not frozen) compresses for 12 hours (20 minutes every 2 hours except when sleeping) to decrease bruising and swelling.
- Avoid strenuous exercise for 24 hours.
- Avoid sun exposure/tanning beds for 24 hours.
- Avoid Alcoholic Beverages for 24 hours.
- Avoid massaging/pressing the treated areas for 1-2 days unless directed otherwise.
- Avoid exposure to extreme cold temperatures for prolonged periods of time for 1-2 days.
- 48 hours after your procedure you may begin adding Ginkgo Biloba, garlic, flaxseed oil, cod liver oil, vitamin E or any other essential fatty acids.
- If laser treatment, chemical peels, or any other procedure is being considered after the use of fillers, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before and/or after use of temporary fillers.

Follow-up appointment:

- Your follow up appointment in the office will be 7-10 days post treatment after your first treatment, and as desired or required after subsequent treatments
- You may wish to schedule your next appointment for 3 months
- If you have any questions or concerns, please call us at 212-327-4600