

**Dermal Filler Post-care Instructions: (Vollure® XC, Vollbella® XC, Juvederm® Ultra XC, Juvederm® Ultra Plus, and Voluma® XC)**

- Tenderness in and around the area(s) treated is very normal for the first few days.
- If the area(s) treated are painful, red, swollen and hot, or you see mottling (blotchy, red-purplish marbling of the skin) call the nurse on call line immediately.
- Do NOT touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. This can cause irritation, sores, or possible scarring.
- Avoid vigorous exercise, as well as sun and heat exposure for 24-48 hours after treatment.
- Avoid submerging head under water for a full 24 hours after Midface treatment with Voluma® XC. This includes the pool, beach, bathtub, hot tub, etc.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid the use of Retin-A or similar products (ex. Kinerase, Tazorac) 2 days after treatment to avoid increased irritation or redness.
- Avoid cosmetic treatments such as laser, ultrasound, peels, or microneedling for 2 weeks after treatment with dermal fillers.
- Avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.
- Please report to the provider any increased pain, increased swelling, redness or blisters immediately, should it occur following your treatment.
- Ice in the treated areas if needed for comfort. Ensure the ice pack is clean, and place the ice pack on the area for no more than 10 minutes at a time (after all lidocaine has worn off).
- Please remember one side may heal faster than the other side.

**Follow Up Visit for Dermal Filler:**

A 3 to 4-week follow up appointment will be scheduled at the time of the initial treatment. The nurse on call number to reach the nurse directly is 417-413-3295 if needed before the follow up appointment.

Touch ups are included in the initial cost of treatment but must be scheduled within 6 weeks of initial treatment. After that, touch up pricing will be quoted based on the amount that is needed.