



Revolutionary Skin Care
By Dr. Grover

Post care instructions following Juvederm/filler treatment

1. Do not work out for the remainder of the day. Relax ☺
2. Do not touch your face post injection for at least an hour post injections to avoid infection. Be gentle when washing your face this evening.
3. Cosmetics if desired may be applied approximately 1 hour after filler injections.
4. Hydrate well, drinking adequate fluid over the next few days as this will help improve outcomes of Juvederm injection. Juvederm will draw in a small amount of water over the next few days.
5. We recommend a follow-up appointment in 10-14 days after treatment, however, if you are doing fine, and don't need any touchup, we can see you at your next scheduled appointment, or as needed.
6. Be sure to schedule your next treatment, according to the recommendations of your provider. Juvederm typically last 9-12 months, but some individuals may need it earlier. If receiving Botox, the usual interval is every three months.
7. Occasionally, we may recommend that you apply ice to the area injected to help with swelling or bruising. Do not take any aspirin or aspirin derivative products for discomfort. Tylenol only for the next week.
7. The use of Arnica Montana topical cream or sub-lingual tablets may help the healing and bruising process. This is available OTC.

Please feel free to contact Dr. Grover if any concerns by calling our office at
888-726-4442.

Thankyou!