

# **CYNTHIA M. GOODMAN, MD, INC.**

*Aesthetic & Reconstructive Plastic Surgery*

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## **Juvederm, Voluma, Restylane**

### **Post Treatment Checklist**

1. Treatment with any of the above fillers may cause redness or swelling in the treated area. This can last anywhere from a couple hours to one week.
2. Apply ice to the treated areas for 24 hours to help with swelling and discomfort.
3. Bruising at the site of injection is a commonly reported side effect. To minimize bruising, inform Dr. Goodman if you use blood thinners such as ibuprofen or aspirin prior to your procedure.
4. It is normal to experience some tenderness at the treatment site for a few days.
5. Make-up can be applied to the face a few hours after treatment if no complications are present (i.e. open wounds, bleeding, redness and swelling).
6. Minimize excessive exposure of the treated areas to the sun or UV lamps until any swelling or redness resolve.
7. Please take your Sinnech or Arnica every 8 hours to decrease bruising and swelling.
8. Worsening or prolonged symptoms should be reported to Dr. Goodman. Please call the office at 415-925-8555 if you have any questions or concerns.