J. Jason Wendel, M.D. Dr. J. J. Wendel Plastic Surgery 2103 Crestmoor Road Nashville, TN 37215 www.drijwendel.com

Recovery Instructions

JUVEDERM VOLBELLA XC

There are no activity restrictions with this treatment.

Treated Area Care

- Avoid prolonged exposure to the sun.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Check daily for signs of infection. Infection is rare.
- You may wear makeup, foundation or concealer with sunblock protection.
- Stay out of the sun until redness and bruising subsides (usually 48-72 hours).
- Patients should avoid aspirin and non-steroidal anti-inflammatory drugs such as Aleve, Motrin, Advil, St. John's Wort or high doses of Vitamin E supplements, fish oil, etc. for 7-10 days prior to injection because these substances will cause increased bruising or bleeding at the injection site.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. A preventative antiviral medication may be prescribed in certain situations.
- Avoid strenuous exercise for the first 24 hours following treatment.

What to Expect

- Temporary stinging, throbbing, or burning sensation, redness, swelling, and minor bruising.
- Some swelling, bruising or redness in recipient sites; puffiness may last several days. Redness and bruising may last about 24-48 hours.

Appearance

Improved fullness in the lips and reduced lines and wrinkles around the mouth for up to one year in adults over the age of 21.

Follow-Up Care

- With regular follow-up treatments, you can easily maintain your new look.
- Repeat treatment as recommended by your advanced injector.

When to Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increasing redness in the treated area.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage or odor from the treatment area.
- If you have bleeding in the area that is difficult to control with light pressure.
- If you have loss of feeling or motion.

• If you have any sign of infection, open sores, skin peeling or lumpiness.

For Medical Questions, Please Call (615) 921-2100

Our office is open Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM-1:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.