

# Hyaluronic Acid – Juvéderm®



McRae Plastic Surgery

## POST CARE INSTRUCTIONS

- ◆ Avoid excessive heat such as hot showers for the first 12 hours as this may cause the blood vessels to dilate and cause more bleeding and bruising.
- ◆ Avoid strenuous exercise for 24 hours after the procedure to reduce bruising.
- ◆ Avoid UV exposure until swelling has gone down, wear sun block to protect your skin.
- ◆ Avoid drinking alcohol for 24 hours after treatment as it may cause the blood vessels to dilate and cause more bruising.
- ◆ If lips are treated, avoid straw drinking for 24 hours after your treatment.
- ◆ Do not massage the area treated the day of procedure
- ◆ Avoid taking Advil, NSAIDS, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, Green Tea, Flax Oil, Cod Liver Oil and Garlic Supplements for up to 2 weeks after the procedure to avoid the increased risk of bruising.
- ◆ You may apply make-up gently after the procedure but want to avoid pressure when apply.
- ◆ You may apply cold compresses (without pressure) 15 mins on 15 mins off to the treatment sites on the day of your procedure.
- ◆ You may take Arnica by Boiron pellets or gel to prevent bruising. This can be purchased at most health food or drug stores. Please use as directed on package.
- ◆ Bumps or marks from the needles sticks will subside in a few hours. If you do develop a bruise it will resolve like any other bruise but will take time to heal. There is occasionally some mild pain, swelling, itching, or redness at the site of injection. Redness may last for 1-2 days, rarely longer. Avoid scratching treated area.
- ◆ Please note that these instructions are general. You may be given specific instructions by Dr. McRae or the nursing staff. Any questions please don't hesitate to call the office for clarification.

St. Joseph's  
Healthcare  Hamilton

### Dr. Mark McRae

MD, MHS, FRCSC

50 CHARLTON AVE EAST  
HAMILTON, ON L8N 4A6

Phone: 905.522.1155

ADMIN EXT. 32145

FOR FOLLOW UP EXT. 34823

E-mail: OHARAKM@MCMASTER.CA

### Dr. Matthew McRae

MD, MHS, FRCSC

50 CHARLTON AVE EAST  
HAMILTON, ON L8N 4A6

Phone: 905.522.1155

ADMIN EXT. 36092

FOR FOLLOW UP EXT. 34823

E-mail: PLOUFFEL@MCMASTER.CA

[McRaePlasticSurgery.com](http://McRaePlasticSurgery.com)