

# Injectable Fillers

## Post-Operative Instructions

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### What are my post-operative instructions?

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Inspect daily for signs of infection.
- You may wear makeup with sunblock protection shortly.
- Stay out of the sun until redness and bruising subsides (usually 48 hours).

### What should my activity level be?

- There are no activity restrictions for this treatment.

### What will it look like?

- Improved skin texture.
- Firmer and smoother skin.

### How should I expect to feel?

- Temporary stinging, throbbing, burning sensation, redness, swelling, bruising, and excess fullness.
- Some swelling, bruising or redness in recipient sites.
- Swelling and puffiness may last several weeks.
- Redness and bruising may last about 48 hours.

### What follow-up care will I receive?

- With regular follow-up treatments, you can easily maintain your new look.

- Repeated treatments may be necessary.

### **When should I call my doctor?**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- 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 from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If you have any sign of abscesses, open sores, skin peeling or lumpiness.

### **Who should I call if I have questions?**

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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