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Aesthetic and Reconstructive Surgery
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Injectable Filler Instructions

Following these instructions will support minimal downtime after your filler treatment. These simple steps should possibly prevent or hopefully decrease any bruising, redness or swelling that occasionally results from receiving injections.

Pre-Injection Instructions

1. Avoid aspirin and aspirin based products for 10 days prior to as well as 10 days after your injectable procedure. This includes NSAIDs, Ibuprofen, Aleve, Advil and Motrin. You may take Tylenol and Acetaminophen based products as needed during this time frame.
2. Discontinue all herbal medications for 10 days before and after your injectable treatment as these products may lead to increased bruising and swelling.
3. If you take prescription anti-coagulants such as Plavix or Coumadin, please notify the office at your earliest convenience.

Post-Injection Instructions

1. You may frown or smile normally after your treatment.
2. Apply gel pac to treated areas at 20 minute intervals to reduce swelling, bruising and redness.
3. Do not exercise for 48 hours after injections to reduce swelling, bruising and redness.
4. Do not travel by air for 48 hours after injections as the force of gravity may cause the filler to relocate.
5. Do not take aspirin products or herbal medications for 10 days post-injection.

We want your aesthetic surgery experience to be a positive one. Should you have further questions, please contact our office during office hours, Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. After hours calls will be answered by our service and will be returned by Dr. Baldwin or her associate.