

MICHAEL J. SUNDINE, M.D., F.A.C.S.
AESTHETIC PLASTIC SURGERY
Certified By The American Board of Plastic Surgery

**Facial Soft Tissue Fillers
Before and After Care Instructions**

- Avoid Aspirin, Motrin, Advil, Aleve, Vitamin E (>400 units per day), Vitamin C (>3 grams per day), and Fish Oil at least 10 days prior to your office appointment.
- Apply Ice Compresses to the treated areas as much as possible for the first 24 hours.
- Maintain normal oral hygiene.
- Gentle massage of the area can begin after the first postoperative day IF directed to do so by Dr. Sundine.
- Elevate your head on pillows while in bed the first 1-2 days following the procedure(s).
- Vaseline ointment or lip balm may be applied to the lips three times daily for the first three days following injections to the lip areas.
- Avoid strenuous exercise such as running, jogging, and lifting weights for at least three to five days following the procedure. Walking is permissible with the heart rate below 100 beats per minute.
- Dr. Sundine will see you in follow up at two weeks and again at three months following filler injections. Call the office to schedule your follow up appointment at your convenience.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR SUNDINE

Please call the office at 949-706-3100. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office or e-mail me any time.

Dr. Sundine's Office: 949-706-3100
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