

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.
- Dr. Sundine can be reached on his cell phone at 949-677-5845 if you should experience any sign of infection which is signaled by fever, increased pain, newly appearing redness or swelling in the treated areas. His e-mail address is info@drsundine.com.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR SUNDINE

During the hours of 8:30 AM-5:00 PM, please call the office at 949-706-3100. If you need immediate care, please call Dr. Sundine anytime on his cell phone (949-677-5845). 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

Dr. Sundine's Cell Phone: 949-677-5845

Dr. Sundine's e-mail: info@drsundine.com