

ROD J. ROHRICH, M.D.
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 seven to ten 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. Rohrich
- Elevate your head on pillows while in bed the first 1 – 2 days following the procedures(s)
- Avoid Aspirin, Motrin, Advil, Aleve, Vitamin E (>400 units per day), Vitamin C (>3 grams per day) and Fish Oil for at least three to five days following treatment
- 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 heart rate below 100 beats per minute.
- Dr. Rohrich 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. Rohrich can be reached on his cell phone at 214-500-4870 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 email address is rod.rohrich@utsouthwestern.edu.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. 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 email me anytime.

Dr. Rohrich's cell: 214-500-4870
Dr. Rohrich's email: rod.rohrich@utsouthwestern.edu
Dr. Rohrich's website: www.drrohrich.com

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