



SMITA R. RAMANADHAM, M.D.  
PLASTIC SURGERY

*Facial Filler Before and After Instructions*

**Before the procedure:**

Avoid all NSAIDS (aspirin, ibuprofen, motrin, advil, aleve) for one week prior.

Avoid herbal supplement and teas for 2 weeks prior.

**After the procedure:**

Apply ice packs to the treated areas in the first 24 hours. This will help with swelling.

It is common to have swelling in the area in the first 1-3 days following the injection. The products tend to attract water in our bodies so you may notice the swelling worsens in the first 24 hours. This will gradually improve. You should expect to see your final results in 5-7 days.

Avoid makeup over the injection sites for the rest of the first day. This may increase your risk of infection.

Avoid exercise or increasing your heart rate the first day of injection.

You may notice bruising around the area of the injection. This may darken over the first 1-3 days and slowly fade over the first week.

You may notice small lumps and bumps in the area of injection. This is normal. Remember it is always normal to feel the fillers under the skin. If you feel a bump and see a bump in the mirror, apply gentle pressure to the area and massage. This will improve if done in the first 24-48 hours.

Dr. Ramanadham will see you in follow up in 1-2 weeks. It is normal to need additional filler at this time once the swelling has resolved.

**Call our office immediately if you notice worsening pain, redness, white color, splotchy discoloration to this skin, fevers, or new swelling to the area after the initial swelling resolves, or continued worsening of swelling past the first 72 hours.**