

# Elite Plastic Surgery

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## **INSTRUCTIONS FOLLOWING OCULOFACIAL PLASTIC SURGERY:**

### **Fillers**

**After your facial fillers procedure, you can expect variable degrees of swelling and bruising. Using ice packs - *gently* applied to the treatment areas - for 5 to 10 minutes, 4 to 5 times a day the first 48 hours after your procedure can help lessen the severity of swelling and bruising. Most swelling should resolve within 2-4 days, but bruising can last up to 2-3 weeks. Additionally, it is not normal to have significant pain after your treatment is complete and if you do, contact the emergency numbers listed below. If there are any questions not answered here, do not hesitate to call our office.**

**MAKEUP:** You should wait 24 hours before using makeup directly on the injection sites.

**MASK USE:** Limit mask use for 24 hours after fillers to reduce risk of injection site infections.

**ACTIVITY:** You do not need to limit your activities following filler procedures. Try to avoid significant pressure (ex. sleeping face down) on the treatment areas for about a week. Feel free to shower the same day as your procedure as needed.

**MEDICATIONS:** Non-steroidal medications ("NSAIDS") such as ibuprofen and naproxen tend to be the best at reducing swelling in the first 48 hours after a filler treatment (especially if you received lip fillers!). If you are unable to take these, tylenol and benadryl can also be useful.

**EMERGENCY:** If you experience SEVERE PAIN, PROLONGED PALLOR (more than 2 hours after a treatment) AT THE INJECTION SITES, DUSKY / DARK COLORATION IN A REGION (not typical bruising color), WORSENING REDNESS, OR REDUCED VISION, call **our OFFICE IMMEDIATELY!**

Watch closely for changes in your health and be sure to contact Dr. Torabi if you have any problems.