



MOUNT AUBURN HOSPITAL

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HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

FACIAL SOFT TISSUE FILLERS (Restylane, Juvederm, Versa) AFTERCARE INSTRUCTIONS

- Please take your medications as directed by Dr. Taylor or Dr. Sullivan to manage discomfort or symptoms.
 - Acetaminophen (Tylenol) 1000 mg every 8 hours, space doses 4 hours after Ibuprofen so one or the other is taken every 4 hours
 - Ibuprofen (Motrin) 800 mg every 8 hours, space doses 4 hours after Acetaminophen so one or the other is taken every 4 hours
- Elevate your head on an extra pillow while in bed the first 1 – 2 days following the procedures.
- You may apply ice packs for the first 48 hours to reduce swelling and bruising. Bags of frozen peas and corn make for excellent ice packs. You might also consider Icewraps Gel Packs or Swiss Safe gel packs, which can be ordered from Amazon or online. Apply the ice packs for 20 min of each hour while awake.
- Please restrict your activities and do not engage in vigorous exercise the first 24 hours following the treatment.
- You may be more comfortable eating a soft diet the first day if you had your lips enhanced. 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.
- Maintain normal oral hygiene and tooth brushing.
- Make-up may be applied within a few hours of your procedure.
- You may shower the day of the treatment and wash your face gently with soap and water.
- Gently massage the area starting the day of the procedure as directed by Dr. Taylor and Dr. Sullivan.

Dr. Taylor or Dr. Sullivan will see you in follow up at 6 to 12 months following filler injections or before then as often as you need for additional treatments or questions. Call Taylor and Sullivan Plastic Surgery to schedule your follow up appointment at your convenience at (617) 492-0620 between the hours of 8:30 – 5:00 or visit our webpage at www.massplasticsurgeons.com. We are also available for postoperative concerns or emergencies and can be reached through our paging service 24 hours per day at (617) 492-0620.

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Please contact Dr. Helena O. B. Taylor or Dr. Stephen R. Sullivan for additional information on plastic surgery.

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