

Filler – Post-Procedure Instructions

General Care After Surgery

- Expect some minor swelling and bruising around your injection site.
- It's common to have more swelling for the first 1-2 weeks before your filler results settle.
- If you wish to apply ice to your injection site that is fine, however, please wait for any numbing cream to wear off before applying ice.
- Do not apply ice for more than 5-10 minutes at a time and not apply it directly against your skin.
- Avoid blood thinning agents (fish oil and herbal supplements) for 2 days post injection.
- Do not massage your injection sites or try to manipulate the filler material on your own.
- Makeup can be worn after your procedure.

Washing

- Showering is ok immediately post procedure.

Medication

- Non-prescription pain medication can be taken after your injections if necessary.
- Unless there are contraindications, I generally recommend 2 extra-strength Tylenol and 400mg of Advil every 6 hours if required. You need some food in your stomach with Advil, but this regimen has a low side-effect profile and works well (you can take them together as they do not interact).

Special Emergency Note

- If you have any problems with your vision, or a severe skin issue (turns severely pale, dark, or purple/red) contact our office immediately and/or visit your local emergency department immediately.

Follow Up Care

- Please contact our office and let us know how you are doing. If you can, come see Dr. McInnes in person, virtually, or send us a photo as he always likes to check in with you!

Weekday Care (8 am to 5 pm)

- For general inquiries/questions email office@doctorm.ca or call the office (for more concerning issues call the office).

After Hour Emergency Care

- If you are having an emergency after hours, please visit your local emergency department. Alternatively, you can call 604-527-4925 and ask to speak with the plastic surgeon on call for emergency advice.

Contact

- 307 – 233 Nelson's Crescent, New Westminster, BC.
- office@doctorm.ca
- 604-515-8847
- www.doctorm.ca