

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), and Fish Oil at least seven to ten days prior to your appointment and for five days following treatment.
- Apply covered ice packs to the treated areas as much as possible for the first 24 hours
- Avoid strenuous exercise such as running, yoga, weight lifting for at least 36 hours and heart rate is to remain 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.

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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