

Daniel O. Beck, MD
Dallas Plastic Surgery Institute
www.beckplasticsurgery.com

**SOFT TISSUE FILLERS
BEFORE AND AFTER CARE INSTRUCTIONS**

1. 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. These substances increase your bleeding risk.
2. Apply covered ice packs to the treated areas as much as needed for the first 24 hours.
3. Avoid strenuous exercises such as running, yoga and weight lifting for at least 36 hours. During the recovery period your heart rate should stay below 100 beats per minute.
4. Bruising and swelling are normal for 2-3 days. It will disappear over time.
5. Fillers may feel lumpy or heavy for a few days after injection. Resist the urge and do not to massage the injected area. What you are feeling is normal. While it is noticeable to you, it is not noticeable by others looking at you. This feeling will subside as the swelling goes down and the product settles.
6. Notify Dr. Beck immediately if you experience any skin color changes after injection.

FOLLOW-UP INSTRUCTIONS

It is important to be seen by Dr. Beck after your initial procedure. He will see you for follow-up appointments at 2 weeks and 3 months post-op. For your convenience you may schedule your appointments at either our Southlake or Dallas office (see below). To schedule your appointment please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm at least 1 week prior to your desired date.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. BECK

If you need immediate care, please call Dr. Beck 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. Beck's cell: given at time of surgery

Dr. Beck's office: 214-818-4751

Dr. Beck's email: drbeck@dpsi.org

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