



Post-Operative Instructions for Restylane ®

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (916) 273-7435. Remember that you will not be able to drive while taking your prescription pain medication. Please plan accordingly.

- ◆ Do not massage the area for the next 24 hours.
- ◆ Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. in a solarium or by sunbathing) or extreme cold for the first 24 hours (cold packs are okay).
- ◆ If a visible lump is seen massage is used to lessen the bump after 48 hours
- ◆ For bruising after 36 - 48 hours call clinic for laser reduction of bruising
- ◆ For cold sores following your injection call clinic for medicine to help reduce the duration
- ◆ No vigorous activity for 12 hours following the injection or bruising is more likely
- ◆ No alcohol for 12 hours following the augmentation as bruising is more likely
- ◆ Return to clinic at two weeks if you feel additional product would enhance your look
- ◆ Avoid excessive movement of the area of injection for 24 hours until the product settles down

As time goes by and you are healing, the following guidelines apply:

There is no down time or recovery period for this procedure.