# T. Y. Steven Ip, 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. Ip will see you as need for your follow-ups. You can also our office to schedule your follow-up appointment at your convenience.

 Dr. Ip can be reached on his cell phone at (949) 212-1619 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. IP

If you are a patient at one of the facilities below, please call between the hours of 8:30-6:00. If you need immediate care, please call Dr. Ip 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. Ip’s cell: (949) 212-1619

Dr. Ip’s email: tystevenipmd@mindspring.com

Dr. Ip’s website: [www.](http://www/)[surgery-plasticsurgeon](http://www.drrohrich.com/).com

Newport Beach Office:

351 Hospital Road Suite 319 Newport Beach, CA 92663 (949) 548-0300

Park Avenue NYC Office: 799 Park Avenue

New York, NY 10021 (855) 742-8800

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Please visit Dr. Ip’s website at [www.surgery-plasticsurgeon.com](http://www.surgery-plasticsurgeon.com/) for additional information on plastic surgery and wellness.

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