

## VOLUMA POST PROCEDURE INSTRUCTIONS

- Avoid excessive heat such as saunas, hot showers, the hot sun or cooking over a hot stove. This may cause the blood vessels to dilate and potentially cause more bleeding and bruising.
- Avoid strenuous activity after the procedure.
- Avoid direct sunlight for prolonged periods of time. Wear sunblock to protect your skin. Sunlight may cause permanent discoloration after bruising.
- Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising.
- Avoid taking the medications mentioned in the pre-procedure instructions (Motrin, NSAIDS, ginseng, vitamin E, etc).
- You may apply makeup after the procedure.
- You may apply cold compresses to the treatment sites to reduce the swelling and bruising.
- Please note that the bumps and marks from the small needle sticks will go away within a few hours. IF you do develop bruising, we expect it to resolve like any other bruise. If you are concerned with your bruising, please do not hesitate to call Dr. Chilukuri. There is a complimentary laser treatment that can be done on an as needed basis to reduce the appearance of the bruise.

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**

During Office Hours  
713.344.0450

After Hours (Cell)  
713.443.8731