



Post-Care Instructions: Lip Filler

Follow these instructions carefully to ensure optimal healing and minimize complications after your lip filler procedure:

Immediately After Treatment:

- Apply a cold compress to the lips for 10-15 minutes at a time to reduce swelling and pain.
- Avoid touching, kissing, or puckering your lips.
- Refrain from smoking, drinking alcohol, or using straws.
- You may apply lip balm only if it is new and unopened to avoid the risk of infection.

For the Next 24 Hours:

- Keep your lips clean by gently washing them with a mild soap.
- Avoid strenuous exercise or activities that could increase your heart rate.
- Sleep with your head elevated to reduce swelling.
- Take over-the-counter pain relievers as needed.

For the Next Few Days:

- Continue to avoid touching, kissing, or puckering your lips.
- Use a gentle lip balm to keep your lips hydrated.
- Apply sunscreen to the treated area when outdoors.
- Avoid hot showers or baths.
- Do not use any exfoliating products or treatments on your lips.

For the Next Week:

- Gradually resume normal activities.
- Start wearing makeup if desired, but avoid harsh or irritating products.
- If you experience any unusual symptoms, such as fever, redness, or swelling, contact your healthcare provider immediately.
- Attend a follow-up appointment with your injector to assess the results and discuss any concerns.

Additional Tips:

- Eat soft, easy-to-eat foods to avoid putting pressure on your lips.



- Drink plenty of fluids to stay hydrated.
- Avoid alcohol and smoking, as they can delay healing and increase the risk of complications.
- Be patient, as it may take up to two weeks for the swelling to fully subside and for the final results to be visible.
- Avoid touching or rubbing the treated area, strenuous activities, and extreme heat for at least 24-48 hours.
- Consider using ice packs and sleeping elevated to minimize swelling and bruising.