

Aftercare instructions for dermal lip fillers

If you have any concerns, please contact the practice on **02380 223000**
or Sammi-Peony on sammipeony@hotmail.com

- Your lips will likely be swollen after the procedure. You may notice some redness or bruising at the injections sites, which is normal. Most side effects will be minor, and you will be able to resume most activities once the procedure is done.
- Apply ice to your lips afterward using an ice pack or an ice cube covered in cloth (so it doesn't stick to the lip and cause pain). This will help ease swelling, bruising, and any other pain.
- Avoid strenuous exercise for 24 to 48 hours after you get lip or any other dermal fillers. Elevated blood pressure and heart rate from exercise may make swelling or bruising worse. You can take Arnica for bruising.
- Stay hydrated. Drinking plenty of water will help your body heal.
- Eat plenty of hydrating fruit and vegetables - try to avoid excess sodium, which may worsen swelling.
- Avoid high temperatures e.g. steam rooms, saunas, or heated exercise classes for 48 hours after treatment. High heat can make swelling more pronounced.
- Painkillers are OK to take in the days after your treatment, in accordance to your medical history. Avoid blood-thinning medications like ibuprofen.
- If you're getting lip fillers for a specific event, make sure to leave plenty of time in between the procedure and the event to allow your lips to properly recover.
- Try to sleep with your head elevated on pillows to reduce swelling. Do not sleep on your face & allow at least 5 hours before sleeping.
- Avoid makeup on your lips for up to 24 hours after