



## LIP FILLER INSTRUCTIONS

### WHAT TO EXPECT:

People who receive a lip filler treatment may experience irritation or complications, but the majority of side effects that can occur are tolerable and manageable. It's important to note that hyaluronic acid dermal fillers are not permanent treatments.

The most common side effects that people experience after an injection are:

- Bruising
- Redness
- Swelling
- Pain
- Tenderness

Most side effects go away in a few days, but sometimes last up to a few weeks. But in the meantime, there are steps you can take to minimize reactions.

### STEPS TO YOUR BEST RESULTS:

If you have any of the more common symptoms mentioned above, here are some steps you can take to minimize reactions and get comfortable.

- Apply cool compresses to the injection site (gently, without firm pressure) up to 4 times per day for 5 minutes at a time
- Reduce facial expressions/lip pursing for 48 hours
- Avoid massaging the injection area
- Avoid sun exposure as long as bruising persists
- Keep head elevated while sleeping
- Avoid vigorous exercise for 24 hours
- Stay well hydrated

### WHAT TO AVOID:

Before and immediately following your lip treatment, there are actions you should avoid as they may cause bruising, swelling, and/or other symptoms. These include:

- Avoid consuming alcohol 3-4 days prior to and at least 24 hours after your procedure.
- To decrease your risk of bruising, avoid taking blood-thinning medications (unless medically necessary) one week prior and 3 days after treatment. These include: Aspirin, NSAIDs, Fish Oil, Vitamin E Supplements, St John's Wort, Garlic tablets, Ginkgo Biloba, and Ginseng.

Check with your provider to learn more about what you can do to reduce any reactions that may arise. If you experience side effects that are not at least 50% reduced 3 days after treatment, contact your provider.