



## **Lip Filler After Care**

- ✦ Your lips will likely be swollen after the procedure. You may also 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.
- ✦ 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. It's fine to engage in light activity like walking.
- ✦ Stay hydrated. Drinking plenty of water will help your body heal.
- ✦ Eat plenty of hydrating fruits and vegetables and try to avoid excess sodium, which may worsen swelling.
- ✦ Avoid high temperatures like steam rooms, saunas, or heated exercise classes for 48 hours after treatment. High heat can make swelling more pronounced.
- ✦ Take Tylenol if you have any pain, but avoid blood-thinning medications like ibuprofen, aspirin, Aleve, 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.
- ✦ Avoid makeup on your lips for up to 24 hours after.
- ✦ After your lip filler appointment avoid: Smoking (can cause infection), alcohol (can increase bruising and bleeding), and avoid getting on a plane seven days after your lip filler administration.