

NEW GLOW

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POST-TREATMENT INSTRUCTIONS for LIP FILLERS

Here are recommendations for a few sample guidelines after your procedure. These can make the difference between a good result and a fantastic one.

- You may experience some redness and swelling; this normally lasts less than 7 days. Cold compresses may be used immediately after treatment to reduce swelling.
- If excessive swelling or pain continues beyond 10 days or is associated with other reactions such as temperature changes or sores, please contact the office immediately.
- You may experience some mild to severe bruising after your lip filler treatment. This is normal and may last up to three weeks. We have options to help expedite the healing of bruising; we suggest taking advantage of these options.
- Lumps and bumps are normal for the first 2 weeks and normally resolve on their own. Please allow enough time for all residual swelling to settle.
- Signs and symptoms of an adverse event can include: an area of pallor (pale white patch), extreme swelling, delayed capillary refill time, mottled skin, severe pain and heat.
- Immediately after your procedure and for 48 hours you should avoid the following:
 - Lip products
 - Touching the injected area
 - Strenuous exercise
 - Sun exposure/heat exposure/tanning beds
 - Alcoholic beverages
 - Massaging/pressing areas treated
 - Extreme cold temperatures
- 48 hours after your procedure you may begin adding Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids back to your diet.
- 7-14 days after your procedure you may add higher-sodium foods and alcohol, but please be aware these may increase the risk of swelling.
- Postpone dental procedures for at least 2 weeks after treatment.