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**DERMAL LIP FILLERS: POST-TREATMENT INSTRUCTIONS**

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**YAY!! It's lip filler day!!**

**Immediately After Treatment**

* Redness and swelling are normal.  Bruising may also be visible.
* You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
* Depending upon the area(s) treated and product(s) used, you may feel “firmness” in the treated area(s) for 1 to 2 weeks after treatment.  Over time, the area(s) will soften and “settle”.

**Post-Treatment Instructions**

* Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising. (Lips Bruise-this is a fact!)
* You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort, per the instructions on the bottle.
* Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup. Until then Use the Aquaphor provided as your lip balm.
* Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities & routines immediately.
* Avoid extended UV exposure until any redness/swelling has subsided.  Be sure to apply an SPF 30 or higher sunscreen.
* Avoid placing excessive pressure on the Lips or surrounding areas for the first few hours and up to 2 to 4 days; when cleansing your face or applying makeup, *be very gentle. This also includes* ***hard kissing !!!***

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* ***2-5 Days after: OMG! They are so swollen! I cannot leave the house! What have I done!***

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* Untreated bruising will generally fade in 5 to 14 days.
* ***2-14 days : Yuck! They are lumpy & I have bruises! I want them out!***  Massage the lips daily per provider teaching at the time of the treatment.
* ***14-30 days: Love them & Now I miss the swelling…maybe I should get more!***
* Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.

If you have any questions or concerns, please contact the office during regular business hours or during the weekend you may contact a Provider at 801-866-5353

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Don't forget to reschedule your 2-week follow up appointment & Your next treatment!