

# Before & After Lip Filler Care Card

## One Week Before Lip Injections:

- Avoid blood thinners.
- Avoid NSAIDS:  
Aspirin, Motrin, Ibuprofen and Aleve.
- Avoid supplements including St. John's wort, ginkgo nikons, primrose oil, garlic, ginseng and vitamin e.

## Two Days Prior to Injections:

- Avoid topical products such as tretinoin (Retin A), retinol, retinoids, glycolic acid, or anti-aging products.
- Avoid waxing, bleaching, tweezing, using hair removal cream.
- Do take arnica pills two days prior to the procedure as instructed. (not required but will help to lesson bruising)



## 24 Hours Prior to Injections:

- Do not drink alcohol 24 hours before treatment.
- If you previously suffered from cold sores-get prophylactic dose of anti-viral meds.

## Day of Injections:

- It's best to arrive to your appointment with a clean face.
- Antiseptic will be used to clean area before filler injections
- Topical anesthetic will be applied before treatment.

## Immediately After Filler Injections:

- Apply Calme de Lèvre, calming salve for lips post injections, to help reduce the common side effects of filler injections.
- Continue to use for weeks after treatment
- Wear a clean mask.

## Post Treatment Instructions:

- Continue to Apply Calme de Lèvre multiple times a day for weeks after treatment.
- Can take arnica pills/bromelain tablets as directed.
- Eat pineapple, it contains high amounts of bromelain.
- avoid intense heat
- Can gently massage visible bumps.
- Can take 1-2 weeks to soften the firmness feeling in lips.
- May need a touchup of filler at this time.



More information about Calme de Lèvre can be found at:  
[elleandevie.com](http://elleandevie.com)