

Lip Filler After Care

After lip fillers, you can apply an ice pack for up to 10 minutes 2-3 times a day to reduce swelling. However, you should avoid wearing lipstick, lip balm, or any lip product for 24 hours. The main goal after the treatment is to avoid putting increased tension or pressure on your lips to prevent the formation of lumps or bumps which can lead to lip asymmetry and other unwanted results.

The Don'ts:

- Avoid smoking or vaping
- Avoid drinking alcohol after the treatment
- Avoid flying on a plane as changes in air pressure can make bruising and swelling more prominent
- Avoid intense heat such as saunas, hot tubs, sunbathing, or tanning
- Avoid passionate kissing and puckering your lips
- Avoid overly salty or spicy foods
- Avoid scratching or picking around the injection sites
- Avoid strenuous exercise for 24-48 hours
- Avoid wearing lipstick or lip balm for at least 24 hours
- Do not drink through a straw
- Do not eat foods that are hard to chew

The Do's:

- Apply an ice pack on the injected sites 2-3 times a day to reduce swelling
- Brush your teeth gently
- Take over-the-counter pain medications if required
- Stay hydrated by drinking lots of water and fluids
- Eat healthy – plenty of fruit and vegetables
- Sleep on your back with your head elevated using 2-3 pillows to avoid putting tension or pressure on your lips
- Use sunscreen and protective clothing when going outside

By adhering to these post-treatment guidelines for Lip Fillers, you can promote optimal results, minimize complications, and ensure a smooth recovery process. If you have any concerns or questions, don't hesitate to contact your healthcare provider for guidance.