



Lips *N* Lines *Plus*
MEDICAL ESTHETICS

Lip Filler After Care

To minimize the risk of possible side effects / complications from injections, please follow these simple guidelines:

Post-Treatment – Lip Filler

- Gently apply ice to reduce swelling (swelling can last 3-5 days). Tylenol if you experience any discomfort.
- Drink water. Don't drink any hot beverages until the freezing has completely gone from your lips.
- Continue with Arnica if you experience bruising.
- Avoid putting lipstick on for the next 24 hours.
- Avoid strenuous exercise for 24-48 hours - the increase in blood flow can worsen swelling and bruising.
- No alcohol for at least 48 hours as sometimes bruising comes out the next day.
- Sleep on your back if you can for 3-5 days. Avoid unnecessary pressure to the lips.
- Avoid spicy foods and hot drinks for 2-3 days as the lips can react with swelling.
- Avoid smoking / drinking from a straw for 24-48 hours.
- Avoid the high temperatures like steam rooms, saunas, or heated exercise classes for 48 hours after treatment.
- Flying is discouraged within the first 5-7 days as the changes in air pressure can worsen swelling, bruising & discomfort.
- Do not massage the lips unless your injector advises you to do so. There is a video on our Instagram page pinned to the top about post lip filler care.
- If you run your tongue over your lips, you will likely feel the filler, it may feel lumpy initially (should not look lumpy, or feel it). It will typically take approximately 3 weeks for the filler to fully integrate within the lip tissue.

If you have any further questions or concerns, please call/text us at 705-522-2252 or email np@lipsnlines.ca

