

## Lip Filler After Care

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

### Post-Treatment – Lip Filler

- Apply ice to reduce swelling (swelling can last 3-5 days)
- Continue with Arnicare if you experience bruising
- No strenuous exercise x24 hours
- Sleep on your back if you can for 3-5 days
- No alcohol for at least 48 hours
- Avoid putting lipstick on for the next 24 hours
- Avoid spicy foods and hot drinks for 2-3 days
- Avoid smoking / drinking from a straw for 24-48H
- Avoid the heat and sun for a 2-3 days as this can displace the filler
- 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 have any further questions or concerns, please call/text us at 705-522-2252 or email [np@lipsnlines.ca](mailto:np@lipsnlines.ca)