



POST CARE INSTRUCTIONS FOR LIP FILLER

Restylane/Juvederm/RHA

1. Small red dots may temporarily be visible at the point of injection. These will dissipate on their own, or can be washed off with a gentle cleanser.
2. A degree of swelling, tenderness, and bruising of the injected area is to be expected after lip filler. Icing immediately after treatment can help. We also recommend Arnicare gel and/or tablets to help reduce bruising and post-treatment inflammation.
3. Bruising may appear immediately and become more apparent over the next few days following injection. Bruising can last a week or more after injection.
4. For swelling, we recommend ice packs and sleeping with your head elevated for the first few nights. Benadryl at night, or other oral antihistamines during the day may be used as well. Swelling will usually be at its worst in the morning, and for the next 24-48 hours.
5. For the next 24 hours, avoid strenuous exercise, heavy kissing/intimacy, and any excessive massage or rubbing of the treated area.
6. You may apply lipstick the following day.
7. You may take Tylenol for any soreness experienced after your injection.
8. The effects of your treatment take **2-4 WEEKS** to fully settle. Swelling, lumps, and bumps can last as long as 2-4 weeks after injection depending on the filler.
9. Cosmetic fillers are long lasting, but not permanent. Longevity depends on the filler used and your body's metabolism.
10. If you experience extreme pain on or around the treated area, severe bruising, blanching of the skin, an itchy rash, or any unusual discoloration of the skin following your filler treatment, contact our office immediately.