



Lip Filler Aftercare

Luscious lips achieved. Here's how to keep them perfect. 💋

✔ DO:

- Apply ice wrapped in cloth — 10 min on, 10 min off ❄️
- Stay hydrated 💧 and drink plenty of water
- Sleep with head elevated the first night 🛏️
- Use arnica gel or tablets to minimize bruising
- Apply SPF lip balm once fully healed ☀️

🚫 AVOID for 24-48 Hours:

- Kissing 💋, using straws 🥤, or pressure on lips
- Hot foods 🍲, hot drinks, or spicy foods
- Lipstick or lip products for at least 24 hours 💄
- Alcohol 🍷, blood thinners, and NSAIDs (ibuprofen, aspirin)
- Saunas 🧖, steam rooms, or strenuous workouts 🏋️
- Dental procedures for at least 2 weeks 🦷

📅 Your Healing Timeline:

- 🕒 Day 1-2: Most swelling — lips look bigger than final result
- 🕒 Day 3-5: Swelling reduces, shape becomes clearer
- 🕒 Day 7-10: Lips feel softer and more natural
- 🕒 Week 2-4: Beautiful final result fully visible

⌚ What to Expect:

- Significant swelling for 24-72 hrs — this is normal! 🕒
- Lips may feel lumpy initially — resolves as swelling settles
- Final shape visible at 2-4 weeks 🕒
- Results last 6-12 months on average 🕒

🏠 Lip Care Tips:

- 🥤 Avoid straws for 48 hrs to prevent pressure on lips
- 💧 Stay extra hydrated — your lips will thank you!
- 🛏️ Sleep on your back with a light pillow
- ❄️ Cold water or popsicles can help soothe swelling naturally

⚠️ Call Us If You Notice:

- 🚑 Skin blanching, severe pain, or cold/numb sensation — call immediately
- Excessive asymmetry or signs of infection after 72 hours



Pro tip: Your lips will look bigger than the final result for the first few days due to swelling. Don't panic — once swelling fully subsides at 2-4 weeks, you'll see your true gorgeous results!

📞 (347) 514-9311

Questions? We're always here for you 💕

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