

# Post Treatment Instructions – Lip Enhancement

Maximize your cosmetic results after lip enhancement treatment by following these basic post-treatment instructions. Please contact the office with any questions.

## General

- Numbness, bruising, slight redness, swelling, tenderness, or itching sensation around the treated area is common
- No smoking or alcohol, at minimum 24 hours
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised you when you may resume taking these medications after the procedure.
  - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
  - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
  - Arnica montana herbal *tablet* may help reduce bruising and swelling

## Diet

- Avoid hot food/drink. Drink plenty of fluids. You may use a straw.
- Do not chew gum.

## Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling.
- Do NOT blow nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down.
- Avoid excess lip movement, including lip massage, smiling, laughing, and excess speaking for a few hours.
- No heavy lifting, straining, or strenuous activity for at least 48 hours.
- Avoid any other facial treatments, including waxing and microdermabrasion for 48 hours
- Light kissing is permitted.

## Treatment Area Care

- Ice the surrounding area to help reduce facial swelling, but *strictly avoid over lips*.
- Do not rub the area.
- Gently pat the area dry with a clean towel. Do not rub.
- Avoid direct sun exposure.
- Keep treated area(s) moist with plain petrolatum jelly (ex. Vaseline, Aquaphor) for at least 1 day after filler injections, and at least 1 week for lip lift surgery.

Please notify the office if you suffer from cold sores, as cold sores may occur with treatments around the mouth or lips.