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PATIENT GUIDE

HYALURONIC ACID LIP FILLER

Before and After Your Lip *Treatment*

WHAT TO DO, AND WHAT TO EXPECT

Please read all of this before your appointment.
The section on when to call us is the important
one. Everything else is comfort and bruising.

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Two weeks *before*

Book dental work, including cleanings, so that it falls at least two weeks either side of your appointment.

Same for vaccinations. Neither is dangerous with filler, but both can occasionally cause delayed swelling around it, and we would rather not have to guess at the cause.

If you get cold sores, tell us. We will usually arrange antiviral tablets for you to start a couple of days before.

If you are unwell, have an infection anywhere, or are taking antibiotics, call and move your appointment. We will move it without charge.

02 One week before

These reduce bruising. They are optional and none of them is essential.

You may pause over-the-counter supplements that thin the blood: fish oil and omega 3-6-9, vitamin E, turmeric, ginkgo, garlic, St John's wort, high-dose flaxseed oil.

You may pause occasional over-the-counter anti-inflammatories such as ibuprofen, Advil, naproxen and aspirin taken for aches. Paracetamol or acetaminophen is fine and does not thin the blood.

Arnica, by mouth or as a cream, is popular for bruising. The evidence is thin. It is harmless and you are welcome to use it.

Bromelain, found in pineapple, is often suggested for the same reason and on the same quality of evidence.

DO NOT STOP PRESCRIBED MEDICATION

If a doctor has prescribed a blood thinner or aspirin (Eliquis, Xarelto, Coumadin, Pradaxa, Plavix, low-dose aspirin for your heart), keep taking it exactly as prescribed.

Stopping one of these carries a real risk of clot or stroke. No cosmetic appointment is worth that, and we would rather you bruised.

Being on a blood thinner does not usually stop us treating you. It means you will bruise more and we will use a cannula and work more slowly. Tell us, and we will plan for it.

Only the doctor who prescribed it can change it.



03 48 hours *before*

No alcohol.

No waxing, threading, peels, laser or facials around the mouth.

04 On the *day*

Eat beforehand and drink water. Feeling faint is more common on an empty stomach.

Come with a clean face and no lip make-up.

Allow longer than you think. Numbing cream needs about thirty minutes before we start.

Please do not bring young children. If something goes wrong we need your full attention and ours.

If you feel unwell that morning, call us.

05 What is normal *afterwards*

Lips swell more than anywhere else on the face. This surprises almost everyone the first time.

Swelling is often most dramatic on the morning after, and it can look considerable. This is expected.

Most of the obvious swelling settles within one to two days. Subtler swelling can take ten days to two weeks to go completely.

Bruising is common and can last a week or more.

Small lumps and unevenness in the first week are usually swelling rather than product.

Tenderness, tightness, and a slightly numb or heavy feeling are normal.

Your lips may look asymmetric while they are swelling. Swelling is rarely even.

PLEASE DO NOT JUDGE YOUR RESULT FOR TWO WEEKS

This is the single most useful thing in this guide. We do not assess, adjust or top up until all the swelling has gone, because we cannot see what we are looking at until then.

Your review appointment is at two weeks. That is when we decide together whether anything needs doing.

06

The first 24 to 48 hours

Ice gently, wrapped, for ten minutes at a time. Do not press hard.

Sleep with your head raised on an extra pillow.

No heat: no sauna, steam room, hot yoga, hot tub or very hot showers.

No vigorous exercise for 24 to 48 hours.

No alcohol for 48 hours.

Try not to press, massage or pick at your lips unless we have specifically asked you to massage.

Avoid straws, smoking, vaping, drinking from bottles and kissing for the first few days. All of them purse the lips.

No lipstick or lip products for 24 hours.

Paracetamol or acetaminophen is fine for soreness.

07 The first *two weeks*

No dental work, including cleaning.

No vaccinations if you can reasonably delay them.

No facials, peels, laser, IPL, microneedling or radiofrequency around the mouth.

No flying within 48 hours if you can avoid it. It tends to worsen swelling.

Call immediately, *day or night.*

Pain that is getting worse rather than better, or pain that feels out of proportion.

Any part of the lip or the skin around it turning white, dusky, grey, blue or mottled.

A lacy or blotchy purple pattern on the skin.

Any change in your vision, or pain around the eye.

Spreading redness, heat, hardness or pus.

Fever.

These are rare. They are also time-critical, and we would far rather see you for nothing than late. Do not wait until morning and do not message and hope. Call.

CLINIC NUMBER

AFTER HOURS

Call during normal hours if you have a lump that is not settling after two weeks, a cold sore, or anything that is simply worrying you. Nothing on this list is a nuisance to us.

We will see you at *two weeks*.

Bring any questions, and tell us honestly what you think of the result, including if you do not like it. That conversation is much easier at two weeks than at two months.

Filler is not permanent. Lip filler typically lasts somewhere between six and twelve months, though this varies a great deal between people. It can also be dissolved if you change your mind. That is a separate appointment with its own consent, its own cost, and its own swelling.

I have received, read and understood these instructions and I have had the chance to ask questions.

SIGNATURE

DATE