

GENTLE CARE FOR YOUR LIPS

Lip Filler

Use these notes for lip filler or Lip Plump. A lip flip uses toxin and has separate instructions.

Follow your provider's personal instructions if they differ from this guide.

01 EASE SWELLING AND DRYNESS

- Swelling often peaks over 24-48 hours. Bruising, tenderness and temporary unevenness can occur.
- If recommended, use a cloth-wrapped cold pack for 5 minutes, then rest 5 minutes. Avoid pressure and direct ice. Hydrate normally; use recommended gentle lip moisturizer.

02 PROTECT YOUR LIPS

- For 24 hours, minimize strenuous exercise and avoid excessive heat, sun and alcohol. Ask when lipstick is safe; avoid open injection points.
- Massage only if your injector confirms and demonstrates it. Do not squeeze lumps or massage painful or discolored areas.

03 MEDICINES AND REVIEW

- Report cold-sore history, tingling or blisters. Use antivirals only as prescribed. Ask about pain relief; do not stop prescribed medicines yourself.
- Allow 2-3 weeks for review. Persistent visible lumps need assessment; worsening symptoms need earlier care.

WHEN TO GET HELP

Call 911 for new vision changes, stroke symptoms, breathing difficulty, or tongue or throat swelling.

Call 801-281-3223 immediately for unusual or increasing lip pain or pale, blue or mottled skin. If unreachable promptly, go to the emergency department; do not wait for swelling to settle.

Contact us promptly for fever, spreading redness, warmth, drainage or an open sore.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072