

Before your LIP TREATMENT:

It's best to consult with the provider first before scheduling your appointment. Pregnancy and breastfeeding are contraindications. Let us know of any medical issues or allergies including to any topical numbing creams.

Stop taking blood thinning medications one week prior to your appointment to decrease the risk of bruising (if prescription based then don't stop without consulting your PCP first). Heavy alcohol use should also be avoided the week before your appointment.

Inform us if you have a history of cold sores. An antiviral RX can be e-scribed for you to take if necessary. Please verify we have your current pharmacy information. Take as directed.

Please avoid any major dental work for at least 2 weeks before appointment.

Arnica pills can be purchased (available at Whole Foods or other natural food stores) and be taken a few days before and after to help with bruising. Take as directed on packaging.

We offer a complementary numbing cream prior to injection that we will apply. Please come to your appointment with a clean face/lips Eat a light snack or meal before coming in.

After your LIP TREATMENT:

Swelling immediately following is normal and should be expected.

Gently apply a cool compress to the injection site for 5 minutes up to 4 times per day. Reduce lip pursing for 48 hours. Avoid sun exposure for as long as your bruising persists. Keep your head elevated. Avoid vigorous exercise for 24 hours. Stay hydrated. You can apply arnica gel and take Arnica pills if desired.

Avoid rubbing the area, applying lipstick, or other lip products directly after treatment. (Besides the Arnicare that is applied in office or recommended aquaphor/vaseline.)

If you experience side effects that do not reduce by at least 50% within 3 days after treatment, or worsening pain, please contact our office.