

Affinity COSMEDIC

Dermal Filler Post Care Instructions

- Bruising and Swelling- Ice as much as you can for the first several days, 20 min. on and 20 min. off, five times a day. Extra icing can definitely help as well.
- Headache Pain or Pain at Injection Site- Tylenol or Motrin usually is all that is required.
- Redness, Welts, Itching- Benadryl is best.
- No make up for the remainder of the day
- Lumps or Bumps- This is normal occurrence after a filler treatment.
- Results- Understand realistic results.

Lip Filler Post Care Instructions

- Avoid drinking alcohol for 3-4 days prior to your appointment, this will help reduce the amount of bleeding and bruising at the injection sites. It is also recommended that you avoid fish oil ibuprofen, aspirin, and garlic the week prior to lip filler treatments.
- Avoid drinking for at least 24hrs following your treatment. Alcohol causes inflammation so the already swollen lips will only get bigger and more uncomfortable.
- You may be rather swollen for a day or two after your treatment. This is very normal and the swelling will subside.
- Do NOT massage your lips post treatment. They will be firm and possibly bumpy for a week or so. If you massage them, you could risk moving the filler around and cause undesirable results.
- Do prop yourself up with an extra pillow the night after your treatment. This will greatly aid in the reduction of swelling.
- Do NOT drink out of a straw for a week post treatment. It is best to avoid using a straw all together in daily life to lessen the formation of lip lines.
- No heavy making out for the first 24 hours
- No lipstick for the first 24 hours, Carmex, Aquaphor, or Blistex is recommended
- Avoid strenuous exercise for 24hrs after treatment as this can increase swelling.

Please call our office at 309-282-4111 if you are experiencing any other symptoms such as severe pain, unusual swelling, notice that the area is dark red/purple, or has pustules on the skin. This could indicate an infection or adverse reaction. This should be reported immediately if any of these symptoms occur.