



POST FILLER CARE

lillymedspa.com (850) 547-7463

Post Care

- Avoid Ibuprofen, Aleve and other blood thinning medications unless prescribed by your MD 3 days following your treatment
- Avoid strenuous exercising for the remainder of the day
- Avoid hot tubs, saunas, steam rooms for the remainder of the day
- Avoid any type of massaging (prolonged kissing, straw drinking) for 3 days and firm pressure (massages, skin treatments) for 2 weeks
- Avoid any semi permanent makeup to area for 4-6 weeks
- To help with swelling, you may take an allergy pill and sleep with head propped up the first 2-3 days
- Avoid any dental appointment or vaccinations for 2 weeks following

What to Expect

- Numbness and tingling from the numbing procedure and filler can last for a couple of hours
- Redness, tenderness, soreness can be present for a couple of days
- Swelling will be prominent immediately after your treatment and for a few days after and residual swelling can last up to 2 weeks. As the lips swell and heal, the area may look bigger than what you want or asymmetric
- Bruising can happen and can take up to 2-3 weeks to heal
- There may be some lumps and bumps for the next 2-3 weeks and will gradually go away as the filler integrates with the tissue
- Any hard, firm lumps associated with pain, please contact us
- If an area of duskiess/paleness occurs at the injection site and spreads please contact us IMMEDIATELY!