



## Aftercare Lip Volumisation

Post swelling after lip volumisation is completely normal and therefore the size of your lips immediately after treatment is not a true reflection of the final result. Minor swelling, bruising and tenderness can last up to 3 days depending on multiple factors.

- Apply ice to treated area
- Use a soothing antiseptic cream such as Bepanthen to treat the area
- Stay hydrated – drink plenty of water
- Avoid strenuous exercise for 24-48 hours post treatment
- Avoid alcohol in the first 24 hours
- Avoid the following treatments for 2 weeks post procedure: - Laser treatment, Microdermabrasion, Chemical peels Do not use AHAs, BHAs, Retinol or Vitamin C for 24 hours after the procedure
- Avoid blood thinning medications, including aspirin and ibuprofen (unless prescribed by your medical practitioner)
- Do not massage your lips for 5 days after the treatment. Once your swelling subsides, you can gently massage your lips ONLY if you feel lumps.
- Avoid Spicy Food

Please contact us IMMEDIATELY if you experience the below:

Severe Pain or increasing pain, Onset of colour changes: blanching (or white spots/blotches) in the injected areas or not injected areas. If the area appears red, hot to touch and “angry” looking. Please don’t hesitate to contact our friendly staff for more information or any concerns.

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