


Post-Care Instructions for Lip Filler Injections

Thank you for choosing Truth Medical Aesthetics! To ensure optimal results and minimize potential side effects from your lip filler treatment, please follow these post-care instructions.

 Spa Phone: 203-484-3777

 Non-Urgent Inquiries: info@truthmedct.com

 Urgent Matters: truthmedicalaesthetics@gmail.com

 Location: 33 Water Street, Unit 3, Guilford, CT 06437

Immediately After Treatment

- **Swelling and Bruising:** Expect some swelling, redness, and possibly bruising. This is normal and usually subsides within a few days.
- **Cool Compress:** Apply a clean, cold compress or ice pack (wrapped in a cloth) to the lips for 10 minutes every hour to reduce swelling.
- **Avoid Touching:** Do not massage, rub, or apply pressure to the treated area for at least 24–48 hours.

For the Next 24–48 Hours

1. **Avoid Alcohol, Aspirin, and NSAIDs:** These can increase bruising or bleeding.
2. **Avoid Heat and Sun Exposure:** Do not use saunas, hot tubs, or engage in intense exercise, as heat can worsen swelling.
3. **Skip Makeup on Lips:** Avoid applying lipstick, gloss (except Revision Youthful Lip Replenisher), or other products to reduce the risk of irritation or infection. Aquaphor ointment is acceptable to use.
4. **Stay Hydrated:** Drink plenty of water to support healing and maintain hydration.

General Care Tips


- **Gentle Cleansing:** Use a gentle cleanser to keep the area clean.
- **No Pressure:** Avoid sleeping face-down or putting pressure on the lips while sleeping.
- **Be Patient:** Final results will appear after swelling subsides, typically 1–2 weeks post-treatment.


When to Contact Your Provider

- Severe pain, uneven swelling, or lumps that persist.
- Signs of infection, such as excessive redness, warmth, or pus.
- Any symptoms of vascular compromise (e.g., pale or bluish lips, prolonged pain).

Questions or Concerns? We're Here to Help!

 Truth Medical Aesthetics

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