

### What precautions should I take following Lip Filler injection?

Do not touch the lips with bare hands following injection to avoid risk of infection. Avoid eating very hot food/drink or smoking for 4 hours as this will increase swelling. Avoid sun or heat exposure, including sunbeds, as this will increase the risk of acute swelling and the filler settling lumpy. Avoid alcohol for 24 hours. Sunblock should be used if you are going on holiday soon after having filler injections. If you do notice any lumps forming, it is safe to gently massage them to encourage them to soften after the initial swelling subsides. Do not massage too hard or this could displace the filler. Avoid very salty food for 48 hours as this can increase the risk of lumps forming as the filler absorbs fluid from the body. If you have previously had filler elsewhere before and I am filling on top of this, the chances of it settling unevenly are higher unless you have your clinical notes for me to follow.

The final effects of lip fillers are normally seen after 2 weeks once the filler softens and settles. You are invited to come in for review in person after 2 weeks if you have any concerns and it is convenient for you to do so. I will not do anything to correct asymmetry or lumps until the 2 weeks have passed. You need to have patience to allow it to settle and take the aftercare advice seriously! Any other concerns or queries can be raised with me at any time



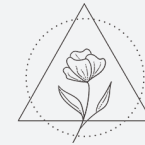
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LIP FILLERS AFTERCARE



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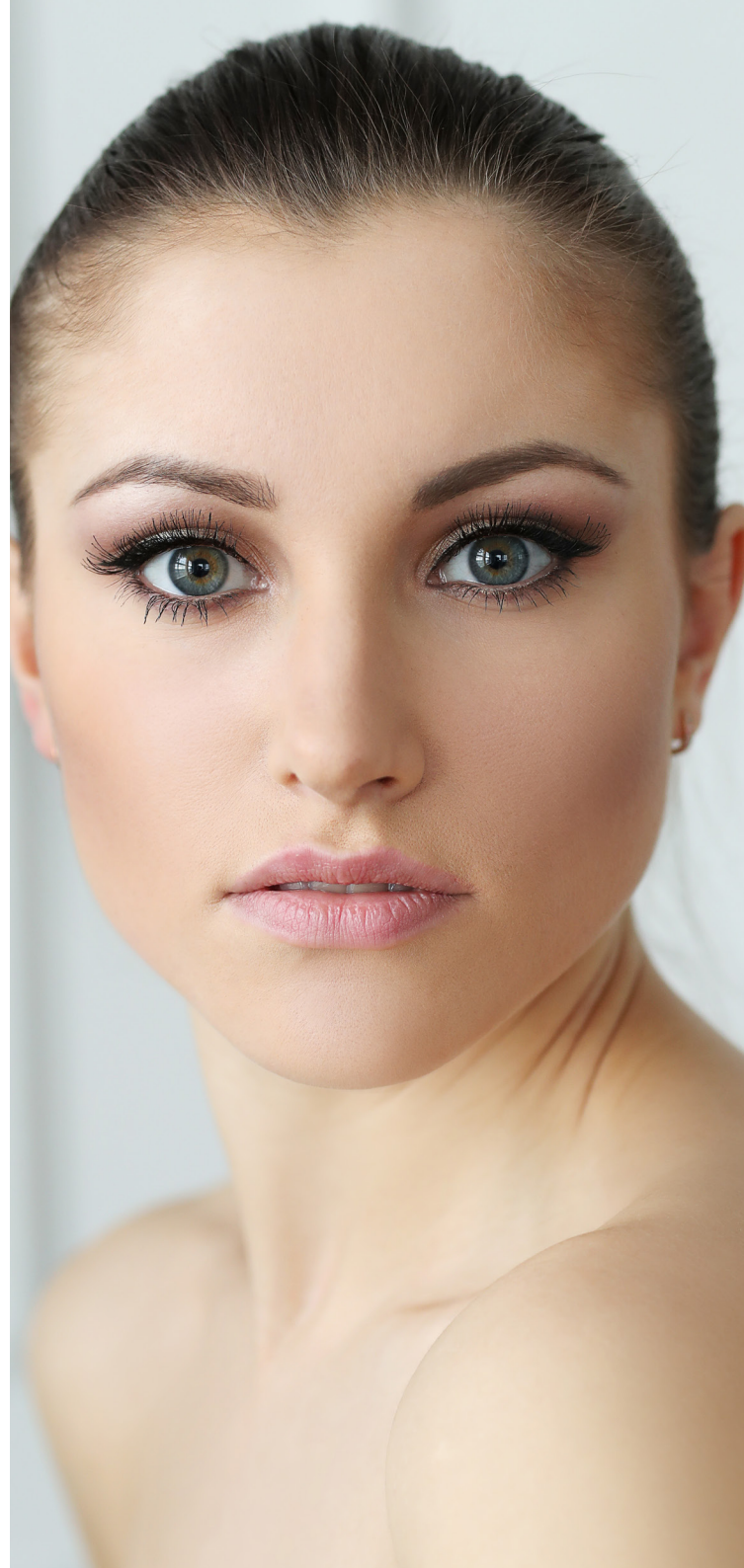
## What are Lip Fillers?

Lip fillers are injectable fillers which temporarily improve volume and shape in the lips. Good quality hyaluronic acid by small needle injection is the most accurate and longest lasting way of filling. Juvederm or Teosyal are the brands used in my clinic.



### Where are Lip Fillers normally injected?

Lip fillers are injected into the border of the lips to define and can also be injected into the body of the lip to volumise. A mild topical anaesthetic is used. High end brands of filler contain a small amount of local anaesthetic making further injections more comfortable. If you are having smokers lines treated, you will likely have above the top lip injected too.



## Complications?

Rarely, as the filler absorbs fluid and swells it can compress or block a blood vessel. If you notice any blanching (pale discoloration of the skin due to reduced blood supply) or significant, extensive dark bruising and swelling, please get in touch asap (some bruising and swelling is normal). This needs to be dealt with quickly and can sometimes require the filler to be removed or it can result in permanent scarring.

## How long does the effect of Lip Fillers last?

This varies greatly depending on how you metabolise the filler. They can last from around 4-9 months. If you top up after a few months the result will be longer lasting. Sometimes clients get 'used to' the new lip volume quickly and think their lips have reduced in size after a few weeks. This is rarely the case and is simply the result of swelling reducing and being used to them. This is normally a good time to go bigger if required. You will NOT get big juicy lips with a small amount of filler and you should not expect this.



## What are the side effects of Lip Fillers?

Pain, bleeding or tenderness at the injection site and slight bruising is possible and normal. Swelling is highly likely the next day and can be asymmetrical. It can also be quite alarming to look at. An ice pack and antihistamines will help with swelling. Bruising is the most likely side effect of lip fillers. This normally resolves in a week or so but Arnica cream can help accelerate the healing. Infection is always a risk with injections but uncommon as long as you do not touch your lips with bare hands immediately after you leave the clinic. Long term complications are rare. If you have a history of coldsores, lip fillers will likely flare this up. Sometimes lips can feel bumpy for 7-10 days or so but this normally settles as the filler absorbs fluid and softens, and as long as you follow the aftercare. If you feel a lump forming that you can clearly see on movement of your lips, massage it gently to flatten it out. Your lips may feel dry and cracked as the filler settles so it is wise to invest in a good repairing lip balm. The filler brand I use (Teoxane) has a post lip filler specific healing balm and this can be purchased in clinic. Lip balm can be applied safely an hour after injections, once the injection entry points have closed. Teoxane balm can be used immediately.