

Post-Treatment

Filler Injection

We recommend you:

- **Gently apply ice or a cold compress** to any sore or swollen area for 24-48 hours in 20 minute intervals.
- **Try to minimize lip movement** for the first 48 hours following lip augmentation.
- **Avoid touching** the treated area within six hours following treatment. After that, the area can be **gently washed** with cleanser and water.
- **Avoid exposure of the treated area to intense heat** (sun lamp or sun) until the initial redness and swelling have resolved.
- **Avoid taking** aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.
- **Avoid exercise and alcohol** for six hours post treatment.
- **You may want to begin taking an antiviral medication** (such as Zovirax, Famvir, or Valtrex) 1-3 days before treatment if you are prone to cold sores. Treatments that involve controlled trauma to the skin have the potential to trigger cold sore recurrence.
- **Do NOT apply pressure or massage** the treated area!
- **Do NOT lie down** for 4 hours post treatment.
 - ★ *If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence.*

FOLLOW-UP:

Please make an appointment with Lani in 10-14 days following your procedure for photos.