

THE GROVE SPA

& BOUTIQUE

Lip Filler Post-Treatment

Please follow this care plan closely in order to see the best results.

On the day of your treatment:

- There may be redness, swelling and bruising near the injection sites. Avoid itching, rubbing or touching the area. This is normal and generally disappears within a few days.
- No makeup on the lips for 12 hours. Use Aquaphor or a brand new clean chapstick for moisture.
- Avoid alcohol and strenuous exercise for 48 hours as it can increase the amount of bruising and swelling.
- If bruising does occur, or you bruise easily, Arnica, can be used. Tylenol and cold compresses can also be used to minimize discomfort.
- Take two 25mg Benadryl on night 1 to minimize swelling.

2-14 Days After:

- Claritin or Zyrtec can be taken starting on day 2 in the morning to minimize swelling.
- No straws for 48 hours after lip filler.
- Avoid excessive sun exposure for 72 hours following filler.
- Lips are more likely to bruise than other areas of the face. Asymmetry during the healing process is normal.
- You may feel a hardness or bumpiness under the skin at the injection site. This is completely normal. If there are any VISIBLE bumps, you may gently massage them on day 5.
- Your provider will check in with you at the 2-week mark to make sure you're satisfied with your results. If at that time you feel like you need additional filler, please contact our office to schedule an appointment as you may have some remaining filler from your visit that can be used.
- We will hold any unused filler for 30 days before disposal. After disposal, you will be responsible for the cost of any additional filler needed.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

