



### LIP AUGMENTATION AFTERCARE

- Avoid smoking for 48 hours.
- It is advisable that you do not touch the area for 6 hours.
- Do not apply make up for approximately 24 hours to minimise the chances of infection.
- Avoid exposure to UV, extreme heat for 48 hours i.e., sauna, steam rooms, sunbathing, hot shower, sun beds etc.
- No strenuous activity for the first 48 hour.
- Avoid alcohol, ibuprofen, and aspirin for 48 hours post treatment.
- Arnica gel can be used to help reduce bruising.
- Apply ice packs to reduce swelling. Paracetamol can be taken for any discomfort post treatment.
- Apply Vaseline on the treated are.
- If you experience any lumpiness in the area, it can be gently massaged to help smooth this out.  
“Massaging technique (only if needed):  
Place your fingers on the inside of the lip and thumb on the outside firmly (Bottom Lip)  
Place your thumb on the inside of the lip and the fingers on the outside and hold firmly (Top Lip)  
Use the index finger(bottom) and thumb (top lip) to move, into small circular motions while the lips are held firmly. Move all around the lips. Always start from the middle and make your way outwards (Middle, Sides and then the Edges/ Corners). Yes it will hurt but this step is very important to do. It will even out bumps/lumps you may have. As well as soften the lips because after fillers the lips do tend to feel hard.”
- Do not massage **if you feel no need to** because massage does cause swelling around the area and over massaging may dissolve the filler.

### LIP AUGMENTATION WHAT TO EXPECT

- You have undergone a dermal filler treatment where hyaluronic acid has been placed in the skin. You may initially be swollen, red and bruised which will subside within the next 1 – 14 days, especially if the bruising is extensive.
- Most people swell most ***the morning following treatment***, but it quickly subsides and the vast majority of patients report lip puffiness only for about 48 hours. How you react to the injections is often down to the individual. If you are prone to bruising, it would logically follow that your chances of doing so after this procedure, are elevated. The lips are pink for a reason! They are very vascular and full of blood.



- Next day- This is when the swelling is at its worse, please don't panic 😊 Please note It can take up to 14 days (max) for the swelling and bruising to disappear. If necessary, you can apply a cool compress / ice pack to the area to reduce any discomfort or swelling. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks)
- Almost always, the lips will feel lumpy and bumpy for at the very least, a few days – even if they look beautiful. Give them a few weeks to settle and be patient! It is not uncommon **AT ALL** to have lumpy lips for up to 6 weeks, especially if you were one of the unlucky ones who bruised.
- Rest assured that in the overwhelming majority of cases, this subsides, and it's just the tissue's response to injury. When you leave our clinic (and indeed throughout the procedure), you'll be shown a mirror. Filler doesn't breed, multiply, or grow, or distort! So, it follows that any asymmetrical swelling, lumps or bumps over the next few days and weeks, or swelling above the lips themselves – are merely your tissue protesting because you had needles in your lips, and not because your procedure has gone wrong in any way! It's for this reason that aesthetics guidelines and accepted best practice, are not to review any issues with lips for 2-3 weeks. Because, to do otherwise carries a strong risk of over correction. Rest assured, we perform thousands of these procedures every year, and 99% percent of any immediate worries disappear quickly. However, we're available for contact 😊
- Remember, the insides of the lips are notoriously bumpy, naturally anyway and little bumps that are mucus retention cysts (mucoceles) inside the mouth can feel slightly exaggerated post-treatment. We're not worried about these at all – the filler has to go somewhere and commonly it can be felt as a slightly denser area of tissue. That's normal, and these can sometimes last for the duration of the longevity of the treatment. The trick is to disguise it so that nothing can be seen externally, except beautifully plump and enhanced lips!

### **RESULTS:**

No one is perfectly symmetrical. Sometimes asymmetries in the lips are caused by muscle strength and tension – and not a lack of tissue itself, and this won't be remedied by filler. Everyone is asymmetrical to a certain extent. Some lips respond better than others to filler, and there is no way of predicting this without injecting of course. A lot of the lips you see on social media, and our website – are as a result of several sittings and we show plenty of examples of this on Instagram etc. No medic will guarantee zero bruising, or perfect results – and indeed, be wary of anyone that does this! We do the best we can, to achieve the results you want, and we advise you how achievable your goals are within the consultation itself. **Remember to drink lots of water.** 😊

Please keep us updated and give us your feedback too.

Many Thanks,  
My Pure Aesthetics

Please take a moment to review the information below, which outlines possible recommendations on how to manage any complications that could arise during or after dermal filler treatment.



WITH ANY COSMETIC PROCEDURE, THERE MAY BE POTENTIAL RISKS AND COMPLICATIONS. IN THE CASE OF DERMAL FILLERS, IT IS IMPORTANT TO BE AWARE OF THE POSSIBLE ADVERSE REACTIONS THAT MAY OCCUR. IF YOU DEVELOP SYMPTOMS OF A VASCULAR OCCLUSION SUCH AS SEVERE OR DULL PAIN AROUND THE EYE, FACE, LIPS, OR ANY PLACE THAT THE PROFHILO HAS BEEN INJECTED, ANY WEAKNESS OF THE EYE OR VISION DISRUPTION OR DARK DISCOLOURATION OF SKIN WITH PROLONGED BLANCHING OR MOTTLING OF THE SKIN WITHIN THE FIRST 24-48 HOURS OF TREATMENT THEN PLEASE CONTACT US IMMEDIATELY ON 07779666009 OR EMAIL: [INFO@MYPUREAESTHETICS.COM](mailto:INFO@MYPUREAESTHETICS.COM)




ALTHOUGH THE RISK OF VASCULAR OCCLUSION IS VERY RARE, IT REQUIRES URGENT ASSESSMENT AND TREATMENT.

**! POSSIBLE FILLER COMPLICATIONS !**

With any procedure, nothing is ever 100% risk free. Although these risks and complications are extremely rare, they can still happen. If you experience ANY of the following in red at all, please do NOT hesitate to contact me as soon as possible so that we may resolve any potential issues. Time is of the essence here:

<p><b>White Area</b></p> 	<p>Any white areas or patches Coldness in the area Reduced sensation / numbness Black or blue discolouration Mottled appearance Pain +++</p>	<p><b>White Area</b></p> 
<p><b>Small Blisters/ Vesicles</b></p> 	<p>Small blisters / vesicles Skin breakdown Poor capillary refill</p>	<p><b>Mottled appearance</b></p> 

The above 4 pictures are examples of when an artery has been compressed or blocked by filler and it is not able to carry the blood supply around the face. This is called a 'vascular occlusion' and can become very serious if left untreated.

		
<p>Bruising during treatment: <b>normal</b></p>	<p>Bruising several hours after treatment: <b>normal</b></p>	<p>Extreme bruising several hours after treatment; <b>rare</b></p>

The 3 pictures on the left, are examples of bruising in the lips during & after the procedure. It is possible the bruising may and can get a lot worse a day or two later. This is normal. Bruising can take up to 14 days (sometimes longer) to fully heal. Please be patient. As long as none of the symptoms above in red do not appear please do not worry.