Aesthetics
by Gwen



YOUR AFTERCARE GUIDE

Lip filler

REGISTERED NURSE • WOODFORD, ESSEX

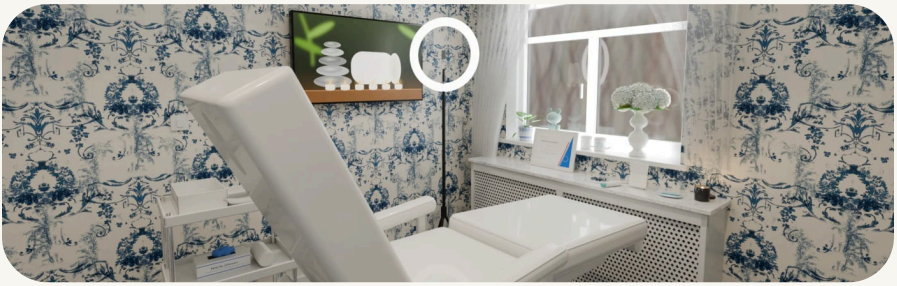
A NOTE FROM GWEN

Looking after *your result.*

Thank you for coming to see me. Lips swell more than anywhere else on the face, so please don't judge them today or tomorrow. Swelling is usually at its most noticeable on days one and two, then settles, and the true shape shows at around two weeks.

This guide takes you through those two weeks. The warning signs I always want to hear about straight away are on page five.

Gwen REGISTERED NURSE



AT A GLANCE

RESULTS Immediate; settles over a few days	LASTS 6–12 months
DOWNTIME Some swelling for a few days	REVIEW Two weeks, once swelling has settled

STEP BY STEP

What to do, *and when.*

01

TODAY

Cool and calm

- Numbing takes an hour or two to wear off. Take care with hot drinks and try not to bite your lips.
- Ease swelling with a cool pack wrapped in a clean cloth, ten minutes at a time.
- No lipstick, gloss or balm for the rest of the day.
- Hands off: no pressing, pinching or massaging.

02

FIRST 48 HOURS

Take it easy

- No strenuous exercise, and avoid alcohol.
- Avoid heat: hot baths, saunas, steam rooms, sunbeds and very hot food or drinks.
- Sleep on your back, head raised on an extra pillow.
- No kissing, straws or smoking: all put pressure on the lips.

03

FIRST 2 WEEKS

Let them settle

- No facials or lip treatments, and no dental appointments unless they are urgent.
- Small lumps are common while swelling settles. Leave them alone unless I have shown you how to massage.
- From day two, keep lips hydrated with a clean, plain balm with SPF.

WHAT TO EXPECT

Completely *normal.*

You may notice some of these. They are expected, and they settle by themselves.

- Swelling, often worse in the morning and at its peak on days one and two.
- Tenderness, and a firm or tight feeling.
- Bruising, which can take a week or so to fade.
- One side looking bigger than the other while swelling settles.
- Small lumps you can feel but not see.

HELPING YOUR RESULT

- ✓ Paracetamol is fine if you need it and can normally take it. Avoid aspirin and ibuprofen for 48 hours unless they are prescribed for you.
- ✓ Drink plenty of water.
- ✓ If you are prone to cold sores, tell me at the first tingle.
- ✓ Results last around six to twelve months.

PEACE OF MIND

When to *get in touch.*

Send me a message if you notice

- Lumps or unevenness that are still there after two weeks.
- Redness, warmth, swelling or tenderness that increases after day three, or any discharge.
- New swelling or lumps appearing weeks or months later.
- A cold sore starting.

URGENT

Call Gwen straight away

GWEN'S DIRECT LINE

07557 940 757

- Pain that is severe, or getting worse instead of easing.
- Skin on or near the treated area turning white, grey, dusky or blotchy in a lacy pattern.
- Skin that feels cold, or small blisters or spots appearing over a discoloured patch.

These can mean the blood supply to the skin is affected: rare, but it needs prompt treatment. If you can't reach Gwen, call NHS 111 or go to A&E and say you have had hyaluronic acid lip filler.

EMERGENCY

Call 999, don't wait

DIAL

999

- Any loss of, or change in, your eyesight.
- Swelling of the lips, tongue or throat, difficulty breathing, or a widespread rash.

YOUR TREATMENT RECORD

For you *to keep.*

TREATMENT Lip filler

DATE

AREAS TREATED

REVIEW APPOINTMENT

NEXT TREATMENT DUE

NOTES

Any question at all, *ask me.*

CALL OR MESSAGE
07557 940 757

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This booklet is general guidance to support the advice given at your appointment. It does not replace individual medical advice: if Gwen has given you different instructions, follow those. In an emergency call 999.

Aesthetics *by Gwen*