

After your lip treatment:

- Wait at least 1 hour until your next meal and hot drinks. Cold drinks are fine straight after the treatment.
- Don't put any makeup or lip balm on your lips and avoid touching them for **at least 4 hours** post treatment (Very important!).
- No smoking or other tobacco products for 3 hours.
- Avoid hard physical activity for 48 hours.
- Avoid direct sun exposure and sauna for 2 weeks. Use a lip balm with SPF 50 if you will be exposed to the sun and apply several times a day.

Straight after the treatment your lips will be swollen and they can swell even more during the afternoon/evening. The swelling process is individual. In general the swelling is worst during the first 48 hours, then the lips will gradually reduce in size. The lips can feel a bit firm in the beginning before they settle and the swelling can be asymmetrical. The final result will be visible first after 14 days post treatment.

To reduce the swelling you can:

- Ice them (put ice in a clean cloth and gently hold it against your lips)
- Take antihistamine (prescription free allergy medication)
- Sleep with an extra pillow under your head for 2 nights.

3-4 days after the treatment we want you to gently massage your lips. If you feel any lumps you can press these between your index finger and thumb and give it a firm massage. Sometimes you need to repeat this procedure many times for several days. You can also use your fingernail to scratch the surface of the lips if you see any superficial lump. We have a variety of "empty pockets" in the lip tissue. If you have lots of these pockets you have an increased risk to get lumps after a lip treatment, so then it is extra important that you massage them as explained. Don't start too early though. Let the lips settle for 3-4 days first. Remember that you will see the final result first after 2 weeks.

Contact us immediately if you have signs of:

- Intense pain
- Discolorations (white or grey areas on the lips or in the area around your mouth).
Bruising (blue and purple) is normal.
- Blisters
- Severe swelling
- Intense itching

We wish you much pleasure with your new lips.