

After Your Dermal Fillers

1. Avoid significant movement or massage of the treated area unless instructed by the provider.
2. Do not exercise strenuously for at least 24 hours.
3. Swelling will occur and be most significant first 48 hours. Asymmetry is normal the first two weeks
4. Avoid consuming alcohol or excessive amounts of salt (or food containing excessive amounts) day of procedure.
5. If you have swelling, you may apply a cool compress for 15 minutes each hour.
6. Use Tylenol® for discomfort.
7. Take Arnica® to help the bruising and swelling.
8. If severe discomfort, pain, darkness or blurry vision occurs, contact **727.318.5515** ASAP for further instructions.

We recommend a follow up appointment two weeks after your initial procedure.



Call (727) 318-5515
for scheduling

Lip Filler Diary

IMMEDIATELY AFTER **OMG** these are massive! They go down, right?

DAY 1 Argh! Everyone can tell. My significant other hates them. Do I cancel work?

DAY 3 Are they meant to still feel stiff?
Is this normal?

DAY 5 Ok, I'm in love! Swelling gone.
Absolute perfection!

DAY 7 They look small again! They looked so much better swollen.

DAY 14 I need more filler... 😞