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Lip Injection – After Care Instructions **(Juvederm, Restylane, Perlane)**

While Dr. Hoefflin makes every attempt to minimize post-injection bruising or swelling, adhering to the following steps will minimize any potential for complications after your procedure:

- Immediately apply ice compresses on all injected areas for 5 minutes before your leave our office. We provide complimentary ice compresses to our patients.
- After arriving home, our ice compresses can be exchanged for small bags of peas or corn for ease of use, flexibility, and comfort. Continue your compresses for 1 - 2 hours after your injection.
- Restrict your physical activities for the first 24 hours by not engaging in any vigorous exercises.
- Please be mindful that if Dr. Hoefflin performed a nerve block, you may have altered or diminished sensation in your lips and cheeks for several hours (much like a dental nerve block). Avoid any especially hot liquids or smoking for several hours until your sensation returns to normal.
- AVOID over the counter medicines that thin the blood, such as aspirin, ibuprofen-containing medications (Aleve and Motrin), herbal or homeopathic medications (St. John Worts, Gingko, Fish oil, Vitamin E) for the first several days after your injection.
- DO take Arnica Montana (available at our office), which is a homeopathic medication that lessens swelling and bruising.
- You may return to work immediately.
- You can perform a gentle massage of the injected lip area(s) three times per day for several minutes to lessen the inflammation and promote comfort.

- You may be more comfortable eating a soft diet the first day if you had your lips enhanced.
- You can apply make-up a few hours after your procedure.
- Expect some swelling after your lip augmentation. This will usually subside two or three days after your injection. After this resolves, you will see your new and beautifully enhanced lips!

Concerns:

Dr. Hoefflin can be reached 24 hours a day for any concerns. He can be contacted directly through his office or answering exchange at (310) 858-9105.

Please notify Dr. Hoefflin if:

- If you have any bleeding from the injection that is difficult to control with light pressure.
- If you experience a significant increase in pain not relieved by medication;
- If you develop a temperature above 101.5° F, or if you develop redness (like a sunburn) around your injection sites.
- If you have any side effects to medications, such as rash, nausea, headache, or vomiting.

The quality of your lip enhancement procedure may be compromised if you fail to return for any scheduled post-op visits, or follow Dr. Hoefflin's pre- and post- operative instructions.