

Fillers (Lips, Cheeks, Jawline)

POST-TREATMENT CARE PROTOCOL

IMMEDIATE POST-TREATMENT (DAY 1)

Ice Application

Apply ice or cold compresses gently to the treated zones for 10–15 minutes at a time to reduce acute swelling and bruising. Do not apply heavy physical pressure to the injection sites.

Product Protection

Avoid applying lip products (for lip filler) or heavy makeup for the first 12–24 hours to keep the injection points clean.

Activity

Avoid vigorous exercise, alcohol consumption, and excessive heat (saunas, hot tubs) for 24–48 hours, as these expand blood vessels and worsen swelling or bruising.

DAYS 2–7

Managing Swelling & Lumps

Swelling and asymmetry are extremely common during the first week. Lips, in particular, can look significantly larger the morning after treatment.

Do Not Massage

Unless explicitly instructed by your provider to smooth out a specific area, **do not massage or firmly press on the treated areas**. This can displace the filler before it completely integrates into the tissue.

Dental Work & Facial Treatments

Do not schedule any dental cleanings, deep facial massages, or laser treatments over the injected areas for at least 2 weeks post-filler.

Sunscreen

Apply chemical-free, mineral sun protection daily.

FINAL RESULTS

Settling Period

Fillers take roughly 2 full weeks to completely settle, integrate with your natural tissues, and hydrate to their final form. Assess your symmetrical results at the 2-week mark.