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._