



Jeffrey D. Hoefflin, M.D., F.A.C.S.  
Board-Certified Plastic Surgeon  
Diplomate, American Board of Plastic Surgery

9201 Sunset Blvd., Suite 805  
West Hollywood, CA 90069  
t 310.858.9105 f 310.858.9101  
[www.doctorhoefflin.com](http://www.doctorhoefflin.com); [jeff@drhoefflin.com](mailto:jeff@drhoefflin.com)

### **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.*