



Thrive Skin Clinic: Lip Filler After Care

Common issues include: swollen, bruised and slightly lumpy lips. The lips may also feel slightly tender and sore. Bruising and haematomas may cause asymmetry – this will settle in a few weeks. Remember, our lips are red due to an abundance of blood vessels, hence bruising and swelling need to be accepted as normal after an injectable treatment!

These symptoms usually wear off after few days, especially swelling which is most common on day 1-2 post treatment. Be patient - it can take 4 weeks for filler in the lip to integrate into the skin. If you are really concerned, contact our clinic on 0404123781 or email us on info@thriveskinclinic.com.au. Our 24 hour Emergency Number is 0458 150 650. Please do not call unless you need to.

Management Of Pain, Bruising & Swelling

For pain, use ice and take 2 paracetamol, up to 4 times a day. Ice can be applied 20 minutes every 3 hours. Things should settle in 2-3 days. If your lips are throbbing and increasingly sore, you must contact the clinic for urgent review. You may choose to use Arnica a homeopathic treatment for bruising and swelling, although there is not good evidence in the literature to support this. Hirudoid and LED light (Healite) may also help reduce bruising.

Cold Sores

It is common to reactivate a cold sore after a lip filler treatment. We advise prophylaxis if you have had a cold sore in the treatment area previously. Our doctor can prescribe this to you. You need to start 2 days before your treatment and continue for 5 days after. Call us for advice if you are concerned. If you think that you are developing a cold sore **after** your lip treatment, please contact us for an urgent appointment ,or see your GP for an assessment.

Nodules

If you notice little lumps occurring in the lips, please contact us so we can assess and massage it (firmly!) if needed. Do not do this yourself unless we instruct you how to do it. Nodules and lump may be infections or inflammation. If you develop anything like this and it is getting more painful, red or developing a discharge or blisters- please call us for advice. If you are concerned post-treatment, please call your clinic. If you are unable to contact your clinic or your doctor and you are concerned that it is an emergency, please visit the emergency department of your local hospital.

Things to avoid:



- **Avoid makeup** until the day after your procedure. Clean mineral makeup is the best.
- **Do not touch or massage** the area for 24 hours.
- **Avoid strenuous exercise** and **alcohol** for 24 hours.
- **Do not use active cosmeceuticals** e.g AHA, Retinols/Vitamin C therapy or oil based make-up for at least 24 hours.
- **Avoid pressure** on the treated areas for the first few nights (i.e. sleep on back if possible)
- **Do not fly for at least a week** after your procedure- you need to be available for review in case a complication occurs.
- **Do not have topical treatments for 2 weeks:** including facials, facial waxing, peels, IPL , energy based treatments or microdermabrasion for 2 weeks after treatment.
- **Avoid intense heat/cold exposure** (eg solarium, sauna, skiing) for 2 weeks until the product integrates into the skin.

Review

We offer review for ALL dermal filler clients at 2 weeks. Please come!

Remember we are all asymmetrical. Our clinicians are trained to offer you, and strive to achieve the best aesthetic outcomes, however perfection is an illusion. Wait until 4 weeks to assess symmetry and if you like your result. If at that time you would like further treatment, it can be performed. Please note, there are no “free top ups” with dermal filler, and all products are required to be paid for by the patient.

Retreatment

Retreatment can occur any time from 1 month after your treatment. Once you have reached your aesthetic goal, most people only require an annual top up. We do not like to overfill lips as it looks unnatural, and we prefer to add a little bit over time, or address adjacent aesthetic issues that may augment your natural lip.

Safety netting

The more serious complications of dermal fillers are rare, but all patients having dermal filler procedures need to know what to look for, and when to seek help as early intervention can save a problem becoming serious. Please see over for information on vascular occlusion which is rare but treatable if managed early.

Vascular Occlusion

A vascular occlusion describes a complication of dermal filler injections, where filler sits in a blood vessel and blocks it. If left untreated, this can cause skin damage from lack of oxygen. The worst outcome is when a blood vessel in the eye is blocked, as this can cause blindness. Thankfully, this is rare, with only one case ever occurring in Australia.



Symptoms of a blood vessel blockage may start straight away, or occur up to a few days after the injection. It usually starts with a throbbing pain and progressive skin changes such as skin white, mottled skin is well demarcated. It can look like a bruise. The skin changes may occur at the site of injection, or anywhere on the skin where the blood vessel travels e.g nose or forehead. The good news is that in most instances, the occlusion can be quickly dissolved with a chemical called Hylase. The most important thing is that you must contact the clinic if you are concerned e.g call, sms or email. We will arrange an urgent facetime consultation or clinic appointment ASAP (even overnight!).

Do not leave it, do not ignore it, and do not go to the ED or another doctor as they will not know what to do.

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