



Innovators in Beauty

evolvemedspa.com

What are Lip Fillers?

Lip fillers are made from hyaluronic acid, a naturally occurring substance in our bodies. They can replace or add volume in our lips for plumper, fuller, or more defined lips. As people age, our lips age with us, gradually becoming smaller and having more vertical lines.

Before Your Evolve Med Spa Lip Filler Treatment

- Please inform your Provider of all medical conditions, medications you are taking, skin disorders, autoimmune conditions, allergies, history of anaphylaxis, and any other medical problems. If you've started any antibiotics or other medications since your initial visit with us, please let us know.
- You will have to postpone your lip filler appointment if you had a dental cleaning or vaccine in the last 2 weeks or upcoming 2 weeks; are pregnant or breastfeeding; have an active cold sore/ fever blister or shingle; actively undergoing chemotherapy or radiation or within the last 12 months.
- Please plan your treatment to allow for 1-2 weeks of potential swelling and bruising.
- To help decrease your chance of bruising avoid Advil, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment. Do not stop taking any medications that have been prescribed to you without first discussing it with your prescribing physician.
- It is also recommended to avoid drinking alcoholic beverages 48 hours before treatment to reduce chances of bruising.
- To further help reduce the chance of bruising, start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- To further help reduce the chance of swelling, start taking an antihistamine (Claritin, Zyrtec, or Loratadine) 3 days prior to treatment.
- Tylenol will not increase the chance of bruising and is preferred for the week prior to treatment. To help with possible discomfort, you may take acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment. Do not take more than 3000mg of acetaminophen/Tylenol in a 24-hour period.

After Your Evolve Med Spa Lip Filler Treatment

- Lips may be swollen for several days (up to 2 weeks) following your lip filler treatment. Swelling may increase during the first 24 hours. Applying ice packs gently to the lips for no more than 30 seconds at a time throughout the first 1-2 days can help with swelling. Do not over-ice.
- Do consider taking over the counter Arnica supplements if not contraindicated with your current medication regimen to help reduce the risk of bruising, start taking oral Arnica 7-10 days before treatment. Continue taking after treatment until bruising and/or swelling has subsided. Take as directed on the bottle.
- Continue taking an antihistamine (Claritin, Zyrtec, or Loratadine) after treatment until swelling has subsided.
- Avoid exercise for 48 hours following treatment as it may increase swelling.
- Bruising may also occur in or around the lips. Bruises may not be visible but may feel like small lumps within the lips. This is common in the first two weeks and even up to 6 weeks. Lips may temporarily appear uneven because of this.
- Starting on day 3, a slightly firm massage of the lips with clean fingertips will help bruises to break down or absorb and will promote a smooth result. Massage with fingertips several times daily for the first 2 weeks unless otherwise instructed by your Provider.
- Keep lips well moisturized in the coming days with a non-medicated moisturizer like Vaseline. Lipstick/makeup may be applied the following day if desired.