

## What to expect

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DAY 1: WOW my lips are big! My face is flushed & warm.

DAY 2-5: I feel a bit tender and can see swelling and maybe bruising.

DAY 5-10: The swelling is going down, bruising is fading, and I'm starting to love my results!

DAY 7: I can feel some lumps in my lips so will try firm massage.

DAY 14: Ok I love the results!!

## My post treatment checklist

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- No eating hot food for 1 hour
  - ICE, ICE, ICE
- No excess alcohol for 12 hours
- If possible sleep with head elevated (for the first night)
- Avoid anti-inflammatories for 24 hours to reduce the risk of bruising
  - Go all-natural for 24 hours - no makeup on the treated area
- Cancel my gym class - avoid strenuous exercise for 48 hours
  - Avoid extensive sun/heat exposure for 7 days
  - Avoid saunas for 1 week
- Avoid further facial treatments, including dental for 2 weeks - unless medically indicated

## Red Flags

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- Whitening, blanching, mottling of skin
- Severe pain
- Visual problems
- Hot, red, tender lumps
- Swelling tenderness or rock-hard lumps that persists or reoccurs weeks or months later