

THE MUSE

MEDI SPA

LIP FILLER AFTERCARE

LIP FILLER

Aftercare advice



1. NO SAUNAS, STEAMS OR STRENUOUS ACTIVITY FOR THE FIRST 48 HOURS
2. SUN BEDS ARE AN ABSOLUTE NO, WE DO NOT ADVISE SUN BEDS FULL STOP.
UV EXPOSURE OF ANY KIND WILL DAMAGE THE SKIN, AND PROMOTES PREMATURE BREAKDOWN OF DERMAL FILLERS
3. AVOID DIRECT SUNLIGHT FOR THE FIRST 48 HOURS POST PROCEDURE, STAY IN THE SHADE AND APPLY FACTOR 50 SPF REGULARLY. SUN EXPOSURE CAN WORSEN SWELLING AND INFLAMMATION.
4. AVOID FREQUENT TOUCHING OF THE INJECTED AREA, AND AVOID MAKEUP FOR THE FIRST 12 HOURS TO MINIMISE THE CHANCE OF INFECTION
5. AVOID ALCOHOL, IBUPROFEN AND ASPRIN FOR 48 HOURS POST TREATMENT TO PREVENT FURTHER BLEEDING/ BRUISING
6. LUMPS AND BUMPS ARE NORMAL FOR THE FIRST 14 DAYS AND NORMALLY SELF RESOLVE, PLEASE ALLOW ENOUGH TIME FOR ALL RESIDUAL INFLAMMATION TO SETTLE
7. APPLY ICE PACKS / COLD COMPRESS TO SWELLING. PARACETAMOL CAN BE TAKEN FOR ANY TENDERNESS POST TREATMENT
8. SIGNS AND SYMPTOMS OF AN ADVERSE EVENT CAN INCLUDE : AN AREA OF PALLOR (PALE WHITE PATCH), EXTEME SWELLING, DELAYED CAPILLARY REFILL TIME, MOTTLED SKIN, SEVERE PAIN AND HEAT
9. IF YOU SUFFER FROM COLDSORES, ALWAYS LET YOUR INJECTOR KNOW AT CONSULTATION! YOU ARE MORE LIEKLY TO HAVE A HERPETIC OUTBREAK POST INJECTION, AND WE CAN PROVIDE PREVENTATIVE MEASURES IF NECESSARY

IF YOU HAVE ANY QUESTIONS OR QUERIES REGARDING ANY OF THE ABOVE PLEASE CONTACT US VIA PHONE OR EMAIL AND WE'LL ADVISE YOU AS BEST WE CAN!

FOR EMERGENCIES (SYMPTOMS LISTED IN POINT 8) PLEASE USE OUR EMERGENCY CONTACT NUMBER 07847875154

SYMPTOMS

Normal Symptoms



THERE ARE NORMAL SYMPTOMS THAT CAN OCCUR WHEN UNDERGOING A LIP AUGMENTATION THAT USUALLY SELF RESOLVE. IT IS ABSOLUTELY NORMAL TO EXPECT THE FOLLOWING.

1. SWELLING - THE LIPS WILL SWELL POST TREATMENT IN ALMOST EVERY CASE. YOU SHOULD ONLY WORRY IF THE SWELLING IS SEVERE AND COMES WITH A LOT OF PAIN OR THE SYMPTOMS MENTIONED IN "KNOW THE SIGNS."
2. BRUISING - SOME PATIENTS EXPERIENCE BRUISING MORE THAN OTHERS, HOWEVER BRUISING IS A TOTALLY NORMAL SYMPTOM AND SHOULD GO DOWN AFTER TIME
3. LUMPINESS/ SORENESS - YOUR LIPS MAY FEEL LUMPY/SORE POST TREATMENT. TO HELP WITH THIS MASSAGE AFTER 3 DAYS AND USE YOUR ICE PACK WITH SOME PARACETAMOL DISCOMFORT CONTINUES
4. COLDSORE OUTBREAKS - IF YOU ARE PRONE TO HERPETIC OUTBREAKS IT'S LIKELY YOU'LL EXPERIENCE THIS POST TREATMENT. IF YOU HAVE NEVER EXPERIENCED HERPETIC OUTBREAKS THIS SYMPTOM WILL NOT OCCUR FROM THE TREATMENT.

IT'S VERY IMPORTANT TO KNOW THE DIFFERENCES BETWEEN ADVERSE AND NORMAL SYMPTOMS WHEN GOING THROUGH WITH A LIP AUGMENTATION.

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MASSAGING

Massaging Lips



MASSAGING THE LIPS AFTER FILLER PREVENTS ANY UNEVEN DISTRIBUTION OF THE PRODUCT AND HELPS TO ENSURE A GOOD BALANCE IN TERMS OF THE LIP SHAPE, PROJECTION, FULLNESS AND PROPORTIONS. YOU SHOULD START MASSAGING YOUR LIPS DAILY THREE DAYS AFTER YOUR TREATMENT. HERE'S HOW TO MASSAGE YOUR LIPS AT HOME.

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1. PLACE ONE FINGER AT THE CORNER OF THE LIP AND DRAG YOUR THUMB OUTWARDS APPLYING PRESSURE
2. TAKE TWO FINGERS AND PUSH FROM THE CUPIDS BOW OUT TOWARDS THE CORNER OF YOUR LIPS
3. PLACE TWO FINGERS ABOVE YOUR TOP LIP AND USE YOUR THUMBS TO PUSH OUT TOWARDS CORNER OF THE LIP

CHECK UPS

Capillary re-fill time

CAPILLARY REFILL TIME IS DEFINED AS THE TIME TAKEN FOR COLOUR TO RETURN TO AN EXTERNAL CAPILLARY BED AFTER PRESSURE IS APPLIED. IT'S IMPORTANT TO TEST YOUR CAPILLARY RE-FILL TIME AFTER DERMAL FILLERS.

WE TEST CAPILLARY RE-FILL TIME TO ENSURE THE ARTERIES HAVEN'T BEEN INJECTED, WHICH WOULD LEAD TO A VASCULAR OCCLUSION. HERE IS HOW TO CHECK YOUR CAPILLARY RE-FILL TIME AT HOME.



- PINCH BOTH THE TOP AND BOTTOM LIP FOR 5 SECONDS AND RELEASE.
- APPLY FIRM PRESSURE AND CHECK FOR TIME TAKEN FOR BLOOD TO COME BACK TO THE SKIN
- YOUR CAPILLARY RE-FILL TIME SHOULD BE UNDER 2 SECONDS
- IF CAPILLARY RE-FILL TIME IS SLUGGISH OR IF SKIN REMAINS PALE AFTER APPLYING PRESSURE, PLEASE GET IN TOUCH

FOR EMERGENCIES PLEASE USE OUR EMERGENCY CONTACT NUMBER AND WE WILL ASSESS YOU AS SOON AS POSSIBLE
07847875154

KNOW THE SIGNS

Look out for the following

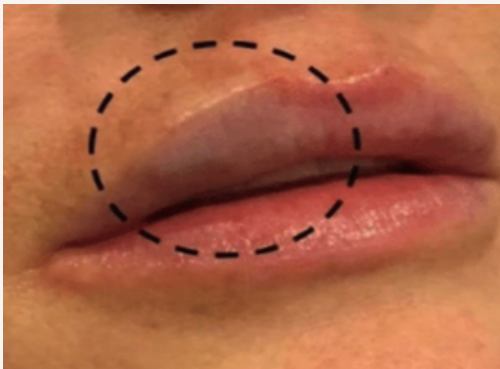


BELOW ARE THE STAGES OF A VASCULAR OCCLUSION WHICH CAN OCCUR POST DERMAL FILLERS. IF YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS PLEASE USE OUR EMERGENCY CONTACT NUMBER:

1. PALLOR – A PALE REGION OF TISSUE WITH DELAYED CAPILLARY REFILL, USUALLY VISIBLE WITHIN 30 MINS OF VASCULAR OCCLUSION
2. LIVIDO RETICULARIS – “MOTTLING” THIS PHASE BEGINS AFTER THE INITIAL PALE BLANCHING POST VASCULAR OCCLUSION.
3. PUSTULAR – SKIN WILL CONTINUE TO DETERIORATE POST HYALASE AND SMALL PUSTULES WILL BREAK OUT OVER THE SKIN

A VASCULAR OCCLUSION IS TREATABLE WHEN ACTED UPON IN A TIMELY MANNER. ONSET OF NECROSIS APPEARS USUALLY 4-7 DAYS POST TREATMENT SO PLEASE IF YOU NOTICE ANY OF THE FOLLOWING SIGNS OR SYMPTOMS CALL THE EMERGENCY CONTACT NUMBER 02038615990 (BETWEEN 10-5) OR 07847875154 (OUT OF HOURS)

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