



LIVING YOUNG
CENTER FOR HEALTH & ANTI-AGING

CARE FOR YOUR LIPS

Aftercare from our lips to yours..



PLAY IT COOL - Gently apply an ice pack (a few seconds on & a few seconds off) for the first 24 hours to reduce swelling and any potential bruising. Be careful not to apply the ice for too long as you are still numb.



LOOK, BUT DON'T TOUCH - Avoid touching your lips for 6 hours so you don't accidentally injure your skin while it is still numb. Avoid cream or makeup to the treated area before it heals. Avoid aggressive scrubbing or rubbing.

Note: Once the numbing wears off, you should not have any pain. Tenderness is normal, but pain is not. If there is pain in a specific area of the lip OR an area appears white compared to the rest of the lips, then call or text the office immediately.

Call: (727) 319-6884 Text: (727) 205-1089



DON'T MIX & MATCH - Avoid aspirin, NSAIDs, St. John's Wort, Vitamin E & high dose fish oil for 1 week as they may increase bruising and bleeding.

Note: If you are prescribed any of these medications or are on a blood thinner, then continue taking it as normal.



DON'T SWEAT IT - Minimize strenuous exercise & exposure to excessive heat and sun, UV lamps, and extreme cold for 1-2 weeks as they may cause temporary redness, swelling & itching.



STILL BRUSH - Avoid any dental procedures or any procedure in which the lips or mouth are pushed or pulled on for 2 weeks.

Note: IF you have a history of cold sores, please let us know, since post-procedure treatment may be required.



LIVE IN THE SOLUTION - Do you bruise or swell easily? Ask us about Arnica, it can help. Only \$15.

Note: Typically, swelling and bruising should subside after 2 weeks.