



## Lip Flip Aftercare Information:

### General Information

With the procedure commonly known as the “Lip Flip” Neurotoxins inhibit muscles from contracting. It's normal to feel some discomfort or pain when getting injections, so in-office we placed ice during your treatment, followed by topical application of Arnicare gel to reduce bruising.

These injections don't require planned recovery time, so you can resume most usual activities soon after.

The following are post-treatment recommendations to reduce inflammation, bruising, limit the chance of infection, and ensure the best result:



Do not lay down flat for 4 hours after treatment.

Avoid hot tubs, saunas, and heavy exercise for 24 hours.

Avoid touching, rubbing, or applying pressure on the injected area(s).

Avoid applying makeup for 24 hours afterward.

Avoid alcohol, caffeine, high salt/sugar food, and cigarettes for at least 24-48 hours after your procedure, as these may contribute to increased swelling/bruising.

### Contact information:

For questions or concerns not requiring an urgent response please email us at

[beth@belloramedicalaesthetics.com](mailto:beth@belloramedicalaesthetics.com)

For questions or concerns requiring an urgent response please call us at

206.683.4893.

**If you are experiencing a medical emergency, please call 911 promptly.**