

How to take care of your lips after a lip filler treatment

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Italian Aesthetic Physician Michela Zazzaron is a frequent speaker at international congresses in aesthetic medicine. She is also a teacher in injection techniques and non-invasive rejuvenation programs. Here is her best advice on how to take care of your lips after a filler treatment.

Gentle massage

1. Give your lips a very gentle massage. Imagine that you are making Italian pasta using a “mattarello”, a rolling pin. Gently press your lips between your thumbs and forefingers and roll your lips between your fingers. Massage your lips 2-3 days after having a lip injection.

Natural herb balm

2. After the treatment, Michela Zazzaron applies a topical balm containing arnica to the treated area. Arnica is a natural herb that grows mainly in Europe and Siberia and has traditionally been used to reduce swelling and pain. She recommends applying arnica for 2-3 days after a lip injection.

Ice

3. Michela also suggests the use of an ice pack for a few days after treatment to reduce any swelling or discomfort.

You will normally see the final result of your lip filler treatment after one or two weeks.

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