

LIP FILLER JOURNEY

DAY 1



My lips are too small!
I'm getting filler!

DAY 2 - 3



Swollen!
Take it out!!!

DAY 3 - 4



Bruised and maybe lumpy

DAY 5 - 7



Getting used to them. I'll start a new lipstick!

WEEK 1 - 2



I **LOVE** my new lips!

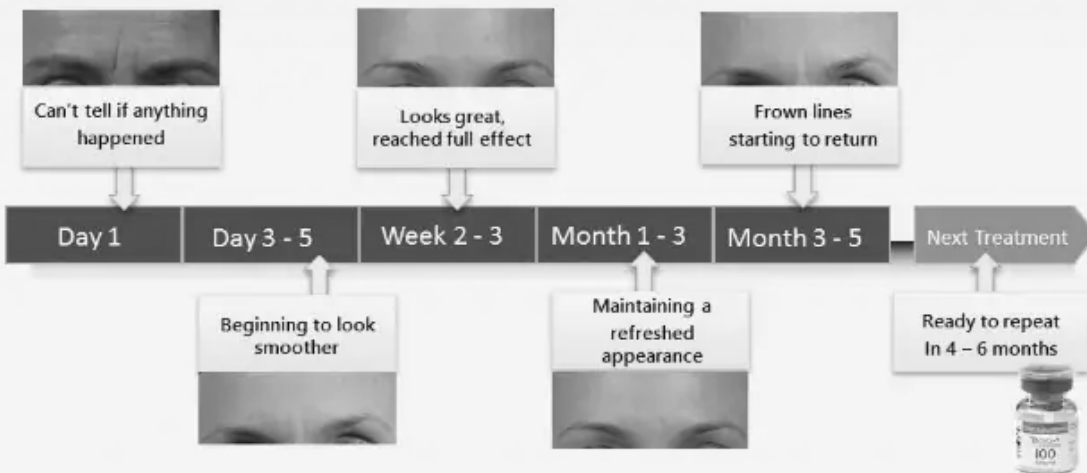
> 2 WEEKS



I miss my swelling. Time to get more filler!

HOW LONG DOES BOTOX LAST ?

[BOTOX COSMETIC IS FDA-APPROVED FOR FROWN LINES BETWEEN THE EYEBROWS AND CROW'S FEET WRINKLES]



Minimize the Chance of Bruising & Heal Faster

10-12 Days Prior - Avoid*:

- Aspirin
- St. John's wort
- Omega 3 or fish oil supplements
- High doses of vitamin E
- Anti-inflammatories e.g. Ibuprofen, Excedrin, Aleve, Advil, Motrin
- Ginkgo Biloba
- Ginseng

7-10 Days Prior - Start:

- Arnica Montana orally in tablet form
- Eating pineapple - pineapple contains bromelain, which enables the body to clear metabolic waste & heal itself faster



ANTI-BRUIISING

2-3 Days Prior - Avoid:

- Alcohol



If Bruising Occurs:

Apply a cold compress on and off for the first 24 hours



DAY OF TREATMENT



Bruising can appear 0-4 hours after treatment

For the next 7-10 Days - Continue:

- Arnica Montana orally in tablet form
- Eating pineapple



For 7-10 Days - Apply:

Arnica Montana cream topically to the bruised areas

As Necessary:

Cover up bruises with a high quality concealer and apply powder with a small brush

