



# Lip Flip

## Post Care Instructions

- After your treatment you may resume normal activities.
- Do NOT manipulate the treated area for 3 hours following treatment.
- REST: Do NOT lie down for 4 hours after your lip flip.
- EXERCISE: Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and keep it from spreading.
- BE GENTLE: When washing your face within the first 24 hours.
- FOR DISCOMFORT: You may take Tylenol.
- SIDE EFFECTS: Bruising and swelling are normal, applying topical Arnica cream/gel can help reduce the appearance.

## What to Expect

- Expect your treatment to start working in 3-4 days, and your results to be in full effect in two weeks.
- Results should last about 4-6 weeks.
- Because of the relaxation of the muscle, you may experience difficulty drinking from a straw. For some patients this only lasts a few days, for others it lasts the entire duration of the lip flip.
- It will not affect your speech or animation.