

Precautions After Non-surgical Lip Lift

This treatment is designed to improve the proportion of the philtrum. Please review the following information to help the tissue settle properly.

I. Aftercare Guidelines

- Please do not pull or rub the upper lip downward.
- Stimulation in the opposite direction of the procedure may affect the shape and longevity of the results.
- From immediately after the procedure through the first 3 days, use cold compresses as needed.
- When doing so, do not press the upper lip downward. Instead, apply the compress lightly in an upward direction.
- If you have pain, you may take pain medication for 2 to 3 days.
- For 3 to 5 days, please sleep on your back with your head slightly elevated.
- For 1 to 2 weeks, please avoid saunas, steam rooms, bathing, alcohol, and smoking.
- For 4 weeks, please avoid facial massage, meridian massage, and any other strong stimulation.

II. Changes That May Occur During Recovery

- Swelling may last for 1 to 2 weeks, depending on the individual.
- Swelling and bruising may continue to increase until about 3 days after the procedure.
- You may feel some awkwardness when smiling or temporary discomfort with pronunciation, but this is usually part of the normal recovery process.
- You may notice some asymmetry between the left and right sides, but this often improves naturally as the swelling subsides.

III. When to Consult Your Medical Provider

- If pain gradually becomes worse
- If the skin turns pale or red
- If severe swelling, warmth, or unusual symptoms persist
- If you experience any of the above symptoms, please contact our clinic and visit for an evaluation.



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WhatsApp



WhatsApp: [+82 10 5834 0984](https://wa.me/821058340984)

Email: consult@haruclinic.co

Address: [7th floor, First Avenue, 104 Dosan-daero, Gangnam-gu, Seoul](#)
([Sinsa Subway Station Exit 2](#))