



CULTSKIN[®]

PRE AND
POSTCARE LIP
AUGMENTATION

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Pre-treatment Advice

To help ensure the safest treatment and achieve the best possible results, please follow the advice below:

- Reschedule or avoid all dental treatment, including routine hygiene appointments, for at least 4 weeks before your appointment.
 - If you are feeling unwell, have a cold, flu, fever, an active skin infection, or have recently completed a course of antibiotics, please contact our Patient Care Team before attending your appointment.
 - Treatment cannot be performed if you are pregnant or breastfeeding.
- Please inform your Doctor if you have recently received any vaccinations, are planning surgery, or have had any recent cosmetic treatments (including anti-wrinkle injections, dermal fillers, skin boosters, laser treatments, chemical peels or microneedling).
 - Up to one week before treatment, where medically appropriate, avoid blood-thinning medications such as ibuprofen or aspirin, and herbal supplements including Omega-3 capsules, Vitamin E, St John's Wort, garlic and Ginkgo biloba. This helps reduce the risk of bruising. Never stop prescribed medication without first consulting your GP or prescribing clinician.
- Up to three days before treatment, avoid anti-ageing active skincare or prescription topical medications around the treatment area, including Retinoids, Tretinoin, Retinol, Glycolic Acid, Salicylic Acid and Alpha Hydroxy Acids.
 - Avoid excessive sun exposure, sunbeds or sunburn for 48 hours before your appointment.
- Avoid alcohol for 24 hours before treatment and limit caffeine on the day of your appointment to help minimise bruising and swelling.
 - Drink plenty of water and arrive well hydrated.
- Eat a healthy meal or snack before your appointment to reduce the risk of feeling light-headed.
- Gentle shaving or tweezing around the treatment area is acceptable up to 3 days before your appointment. Please avoid waxing, depilatory creams (such as Nair®), threading or laser hair removal immediately before treatment.
- Wherever possible, attend your appointment with little or no make-up on the treatment area.

Reducing Bruising & Swelling

We recommend taking oral Arnica tablets for one week before and one week after treatment. Take two tablets, three times daily during the week leading up to your appointment. These are available from most pharmacies.

We also offer a topical Arnica cream, which may help reduce bruising and support recovery.

Alcohol

At **CULTSKIN®**, we recommend avoiding alcohol for at least 24 hours before and after treatment, as alcohol may increase bruising and interfere with normal healing.

Make-up

We recommend attending your appointment with little or no make-up on the treatment area. Your practitioner will thoroughly cleanse and prepare the skin before treatment.

Medical History

Please inform your Doctor of:

- Previous medical conditions
- Previous cosmetic or aesthetic procedures
 - Current medications
 - Allergies
 - Bleeding disorders
- Autoimmune conditions
- Previous reactions to fillers or local anaesthetics
 - Any history of cold sores (Herpes Simplex)

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Cold Sores

Lip injections can trigger a cold sore outbreak.

If you have a history of cold sores, CULTSKIN® recommends taking prescribed antiviral medication (such as Aciclovir) before treatment where appropriate.

If you have an active cold sore or feel one developing, we cannot safely treat you. Please contact our Patient Care Team as soon as possible to rearrange your appointment.

Pain Relief

For 24 hours before treatment, avoid anti-inflammatory painkillers such as Ibuprofen and Aspirin unless prescribed by your doctor.

Paracetamol is safe to take before and after treatment if required.

Travel

There are no restrictions on flying following treatment. However, we recommend remaining in the UK for at least 72 hours, and ideally up to two weeks, after your appointment should you require a review.

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Post-treatment Advice

Following your lip augmentation treatment, it is normal to experience mild swelling, tenderness, redness and bruising. Swelling is usually greatest during the first 24-48 hours and may take up to two weeks to fully settle. Your final result should be assessed approximately 2/3 weeks after treatment.

To promote the best possible healing and outcome:

- Apply a cold compress (wrapped in a clean cloth) for 10 minutes at a time during the first 24 hours.
 - Do not touch, rub or massage your lips unless specifically instructed by your Doctor
 - Avoid applying lipstick, lip balm or make-up to the treated area for 12-24 hours.
- Avoid strenuous exercise, heavy lifting or activities that significantly raise your body temperature for 24-48 hours.
 - Avoid alcohol for 24 hours following treatment.
- Continue to avoid anti-inflammatory medication (Ibuprofen or Aspirin) for the first 24 hours unless prescribed by your doctor. Paracetamol may be taken if required.
- Avoid excessive heat, including saunas, steam rooms, hot tubs, sunbeds and prolonged sun exposure for two weeks.
 - Avoid swimming for 24-48 hours.
- Avoid facials, facial massage, laser treatments, chemical peels, microneedling and other facial aesthetic treatments for two weeks, unless advised otherwise by your practitioner.
 - Stay well hydrated and avoid smoking where possible, as smoking may delay healing.
- Sleep on your back with your head slightly elevated on the first night to help minimise swelling.
 - Avoid placing excessive pressure on your lips, including prolonged kissing, drinking through straws and playing wind instruments, for the first 24-48 hours.
 - If you are prone to cold sores, continue your prescribed antiviral medication as directed.

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When to Contact the Clinic Immediately

Please contact the clinic or seek urgent medical advice if you experience:

- Severe or increasing pain.
- Significant swelling that worsens rather than improves.
 - Skin becoming pale, white, grey, blue or mottled.
 - Blistering or skin breakdown.
- Increasing redness, warmth, pus or signs of infection.
 - Fever or feeling unwell.
- Any sudden visual disturbance, blurred vision or loss of vision (although extremely rare when treating facial areas).

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

Follow-Up

Your skin quality and hydration will continue to improve over the following weeks.

If you have any questions or concerns following your treatment, please contact the clinic. We are always happy to help.

PROFESSIONAL TREATMENTS WORK BEST WHEN THEY'RE
SUPPORTED BY THE RIGHT HOME CARE. THIS PRODUCT HELPS
CONTINUE THE WORK STARTED IN CLINIC

[HTTPS://CULTSKIN.COM/PRODUCT/COAT-ULTRA-HYDRATING-
REPAIR-AND-HEAL-LIP-BALM/](https://cultskin.com/product/coat-ultra-hydrating-repair-and-heal-lip-balm/)

[HTTPS://CULTSKIN.COM/PRODUCT/PAUSE-ADVANCED-LIP-
BOOSTING-SERUM/](https://cultskin.com/product/pause-advanced-lip-boosting-serum/)

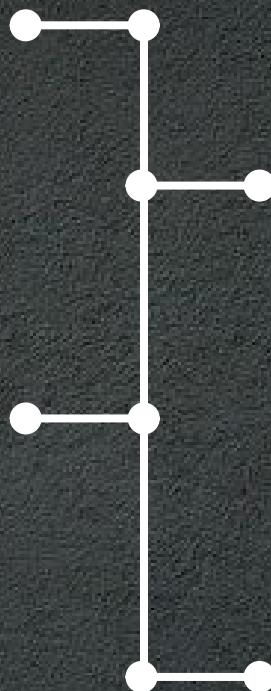


CULTSKIN® LAB

At CULTSKIN®, we believe in taking a holistic approach to skincare, where every step of your journey is carefully planned to achieve lasting results. The CULTSKIN® Lab is the UK's first of its kind, offering an exclusive 12-month subscription that provides you with one advanced skin treatment every month, ensuring consistent care and improvement throughout the year.

During your initial CULTSKIN® Lab consultation, your skin will be digitally scanned using the ph formal scanner, which identifies any areas that may need special attention.

At each treatment, we'll assess your skin and adjust your plan to address any new concerns that may arise.



Based on this analysis, our experts will create a personalized treatment plan tailored to enhance the overall quality of your skin in the most effective way.

As a CULTSKIN® Lab member, you'll also receive a complimentary skin scan every three months, allowing us to track your progress and fine-tune your treatment plan for optimal results.



This personalized, ongoing care is a core part of your skincare journey, ensuring you achieve the healthiest, most radiant skin possible.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

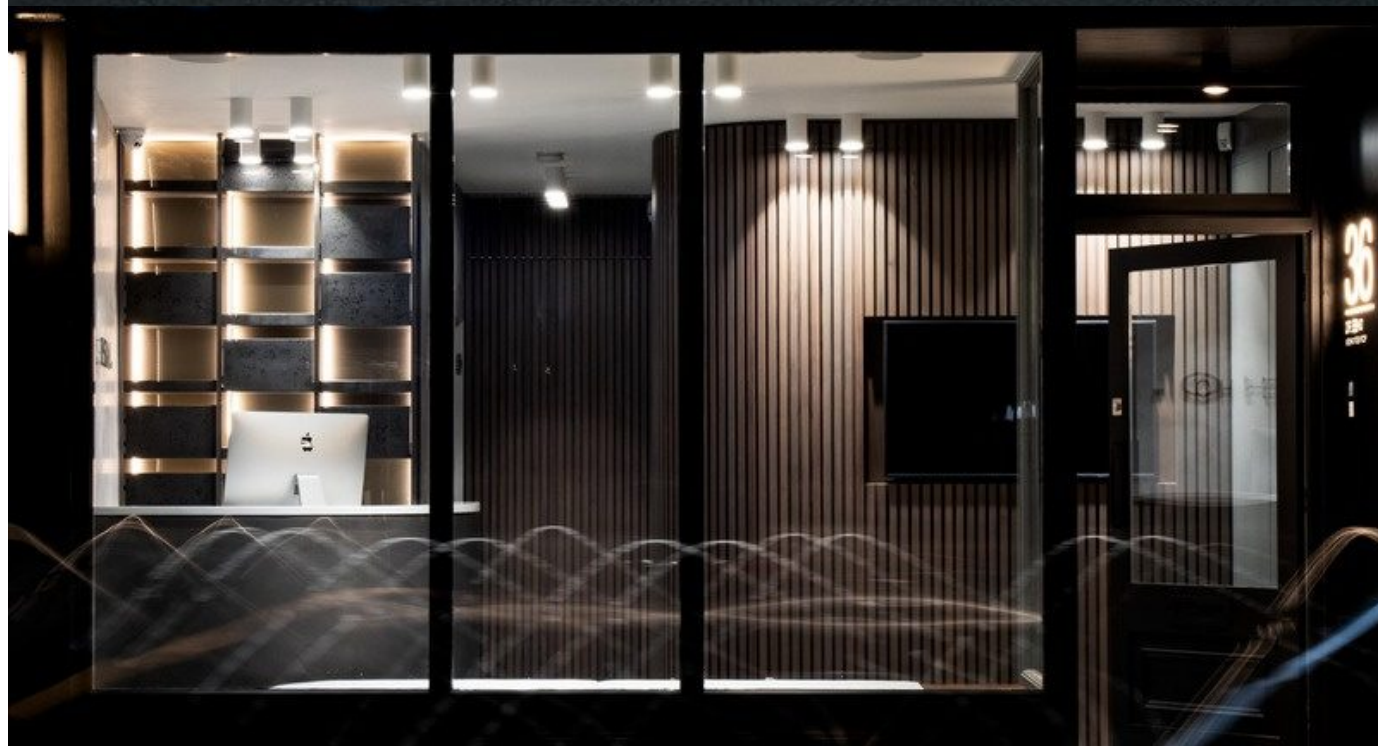
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



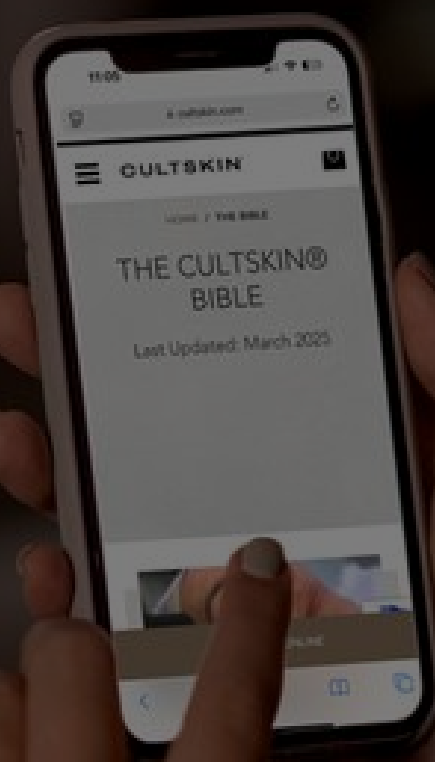
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a beard, wearing a dark t-shirt, stands in a modern interior with a textured wall and a white ledge. The image is dark and moody, with the man's face and the brand name being the primary focus.

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