



## NO ICE COOL COMPRESS IF NEEDED

FOR SWELLING, TAKE A DAILY ANTIHISTIMINE (CLARITIN, ZYRTEC, ALLEGRA) AND AN OTC BENADRYL AND PEPCID FOR SWELLING AT NIGHT AS NEEDED

> KEEP THEM HYDRATED WITH LIPLUXE & USE A Q-TIP OR CLEAN FINGER. DO NOT RUB LIPS TOGETHER

NO MAKING OUT OR GIVING ORAL SEX FOR 3 DAYS

IGNORE ANY LUMPS, BUMPS, OR ASYMMETRICAL SWELLING FOR 2 WEEKS

NO WORKING OUT, SAUNAS, WHIRLPOOLS, OR SWIMMING FOR 24 HOURS

CALL (440) 249 - 5516 IF YOU NOTICE DUSKY, GREY BRUISING THAT TRACKS OUTSIDE THE LIP

> Please text or e-mail our office with any questions or concerns: (440) 249 - 5516 info@revital.health

> > RevitalSkinHealth.com