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GUIDES · PREMIUM LIP ARTISTRY

Lip Fillers

Lip filler uses hyaluronic acid to add volume, define the lip border and balance the shape of the lips for a natural, hydrated look. You see the result straight away; lips swell more than other areas, so the final shape shows after about 2 weeks.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
15–30 minutes	Numbing cream, or a dental nerve block for full numbness; the filler also contains a local anaesthetic	Straight away (lips may look swollen for 1–3 days)
EXERCISE	**RESULTS**	**HOW LONG IT LASTS**
After 24–48 hours	Immediate; settled at 2 weeks	Usually 6–12 months

2 Before your treatment

Specific to this procedure

- Tell us if you are pregnant or breastfeeding, have an autoimmune condition, or have had lip filler or other lip treatments before — and which ones.
- If you get cold sores, tell us — we may give you antiviral tablets to start a few days before, as lip injections can trigger a cold sore.
- Avoid aspirin, anti-inflammatory painkillers, fish oil and vitamin E for 7 days, and alcohol for 24–48 hours, to reduce bruising — unless a doctor prescribed them.
- Avoid dental treatment for 2 weeks before and after.
- Book at least 2 weeks before an important event, so the swelling has settled.
- Arrive without lipstick or lip balm.

3 After your treatment

First 24 hours

- If you had a nerve block, your lips and part of your mouth stay numb for 1–3 hours — avoid hot drinks and food, and take care not to bite your lip, until the feeling returns.
- Do not touch, press or massage your lips unless we have asked you to.
- No lipstick or lip products for 12 hours.
- Avoid kissing, drinking through a straw, smoking or vaping for 24 hours — pressure and sucking can move the filler.
- No exercise, sauna, steam or alcohol for 24–48 hours.
- Sleep on your back with your head slightly raised for the first night.

The next 2 weeks

- Drink plenty of water every day — hyaluronic acid holds water, and staying well hydrated helps the filler settle and look natural.

- Avoid extreme heat or cold — sauna, sunbathing, skiing.
- Avoid dental treatment and facial treatments around the mouth.
- Keep your lips moisturised with a plain lip balm after the first 12 hours.

What to expect

- Swelling is normal and usually worst the morning after; one lip or one side can swell more than the other at first.
- Small bumps or firmness can be felt while the swelling settles — do not judge the shape before 2 weeks; we review you then and can adjust.
- Bruising is possible and fades within 5–7 days.

4 Your recovery, week by week

Day 1–3
Most swelling and tenderness.

Day 5–7
Any bruising fades.

Week 2
Settled shape; review and touch-up if needed.

Months 6–12
The filler is gradually absorbed; top up when you are ready.

Call us straight away if you notice

⚠ Lip skin that turns white, grey, blue or blotchy, or pain that keeps getting worse — this can mean the filler is pressing on a blood vessel and needs treating quickly. Call us immediately.

⚠ Small blisters or a tingling patch on the lips — this can be a cold sore starting.

⚠ A hard, red, hot or painful lump that appears days or weeks later.

⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.

⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.