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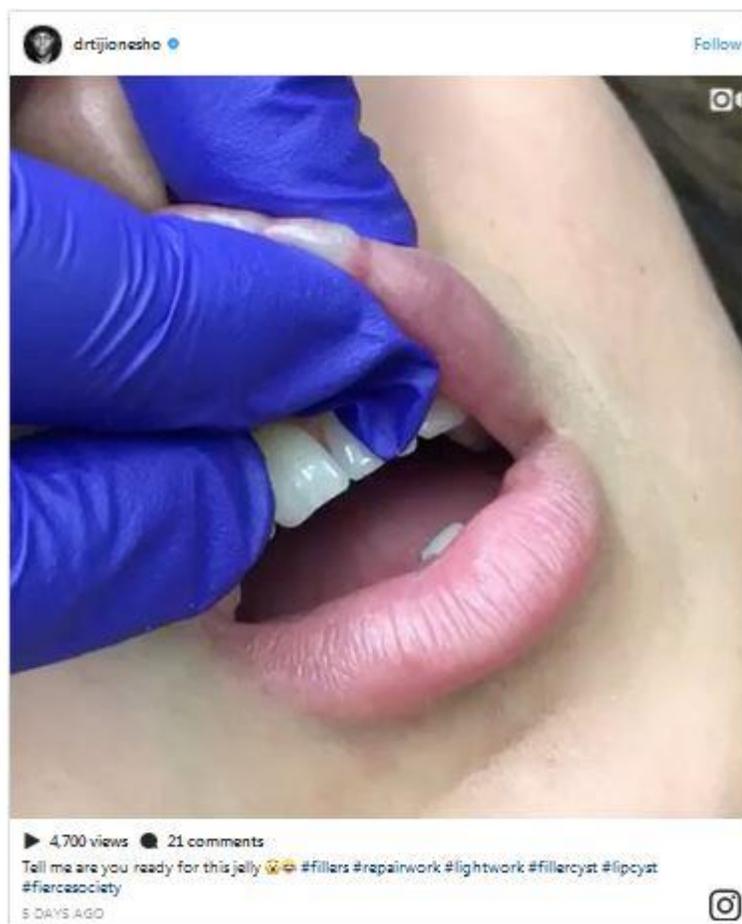
If You Like Cyst-Popping Videos, You Have to See These Lip Filler Cysts

They're...a lot.

At some point in the past year or so, you've probably come across a pimple-popping video or cyst-popping video. These videos, usually boasting must-click titles like "Pimple Popping Like You Haven't Seen Before!" rack up millions of views from people who apparently love to get grossed out. But there's a new (equally gross) ooze-filled video you probably haven't seen yet: Lip filler cyst popping.

U.K.-based cosmetic doctor Tijon Esho recently posted several videos on Instagram of himself popping lip cysts that people developed after getting lip fillers.

And he's well aware that people love this stuff. "Tell me are you ready for this jelly," he captioned one post that shows him sticking a needle inside a woman's lip cyst as goo oozes out. "Champagne isn't the only thing we pop on Fridays," he wrote next to another equally nasty video. (Watch one below, if you can handle it.)



Lip filler cysts aren't common, but they can happen if you go to someone who doesn't know what they're doing, New York City dermatologist Doris Day, M.D., author of *Forget the Facelift*, tells SELF. These cysts can develop when hyaluronic acid like Restylane or Juvederm is injected too superficially into the skin, causing lumpiness, Joshua Zeichner, M.D., a New York City-based board-certified dermatologist, tells SELF. You're actually more likely to get this with lip fillers than cheek fillers, where injections are usually placed deeper in the skin, he explains.

Esho tells *HuffPost* that it's important to remove the cysts, because "if the lip becomes infected or forms a foreign body reaction, the cyst can increase in size." *Shudder*.

It's likely that your doctor would notice this right away, but lips tend to swell during the injection process, Dr. Zeichner says, so it's possible that they (and you) wouldn't notice it for several hours or even until the next day when the swelling goes down.

Luckily, you're not stuck with lumpy lips if this happens. If your doctor notices it right away, it's possible that massaging the area can help disperse the filler, **Gary Goldenberg, M.D.**, assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai Hospital, tells SELF. If that doesn't help, they can inject the area with hyaluronidase, a chemical that can melt the hyaluronic acid. "This would cause less tissue damage than popping the filler out," Dr. Goldenberg says.

But, if you have a huge cyst and it's very close to the surface, the easiest way to remove it may be by piercing the skin with a sterile needle and working out the contents that way, Zeichner says. That, by the way, is the method that Esho seems to prefer, and it's also the grossest—or the most satisfying to watch, depending on what you're into.

If you develop a lip cyst like the ones above, check in with your doctor as soon as possible.

If you do nothing, it's not going to go anywhere anytime soon, Dr. Day says. "It won't go away for years," she says. "It will just sit there." You're also at a slight risk of infection that would need to be treated with antibiotics if you let the cyst be, so it's really best to get it sorted out sooner rather than later.

The best way to prevent complications from lip fillers is to see an experienced practitioner in the first place. Dr. Goldenberg recommends making sure you visit a board-certified dermatologist or plastic surgeon with experience doing these kinds of procedures. And, if you don't feel comfortable during the consultation, don't get the procedure done until you see another doctor. "People are misguided to think that anybody can put fillers in," Dr. Day says. "Technique is really important."