

LIP BLUSHING

PRE-CARE INSTRUCTIONS



PRE-CARE ADVICE

- No botox and/or cosmetic fillers around or on the area of the procedure.
- No chemical peels and/or laser treatments.
- No Retin-A and/or Accutane.
- No antibiotics.
- No steroids.
- For at least 5 nights prior to the procedure, exfoliate lips with a natural scrub (sugar and coconut oil) before bedtime.
- Apply Vaseline or Bepanthen lip cream after exfoliating the lips.
- Drink at least 8 glasses of water a day for hydration and improved lip surface.
- Do not take Aspirin, Niacin, Vitamin E, Ibuprofen or Omega 3 unless medically necessary, 48-72 hours prior to the procedure.
- Do not take blood thinners.
- Do not drink caffeine, energy drinks or alcohol for at least 24h before the procedure.
- If you have a history of cold sores we advise you to go see your doctor to obtain the proper prescription medication. Please start taking your medication 5 days prior to your procedure and continue a few days after.
- No working out the day of the procedure

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AFTER-CARE INSTRUCTIONS



AFTERCARE ADVICE

- Change your pillowcase when you get home. Please be advised that any pigment residue could stain your pillowcase for at least 1 week after your appointment.
- Day of the procedure: Lips will feel swollen, dark and very dry after your treatment. Pat lips gently with a wipe or tissue to remove excess lymph every hour or so on the first day. You may also apply ice packs to help if they are very swollen.
- Signs and symptoms of infection include, but are not limited to, redness, swelling, tenderness of the procedure site, red streaks going from the procedure site towards the heart, elevated body temperature, or purple drainage from the procedure site. Seek medical care if you experience these signs and symptoms of infection
- Day 2-3: Apply a moisturizing lip ointment twice a day to moisten and prevent them from forming a crust. Allow lips to dry for 5 minutes prior to applying your aftercare lip balm. This should be done for at least 5-6 days post treatment.
- Day 4: Apply a moisturizing lip ointment at night to prevent scabs and dryness, continue to apply it for the entire week until the area is completely healed. Always use a Q-tip to apply the ointment. Once the lips are no longer tender, they may become flaky. This is normal.
- Do not pick or scratch them. Doing so can significantly reduce the amount of pigment that stays in the skin.

LIPS HEAL STAGES

