

Pre and Post Care Instructions for Lip procedures

Please purchase a small tube of Aquaphore or Vaseline to use on your lips. Lips will feel swollen and **very dry** after your treatment. Apply ointment on the lips ten times a day. This should be done for at least **14 days** post treatment. **Do not** allow lips to become dry. This may interfere with healed color. During the day if lips feel dry, apply a liberal amount of ointment. Just **tap** on skin and do not rub in.

You may ice to help reduce swelling. **Always** wrap a clean paper towel around the ice bag to prevent infection.

The supplement Arnica has been known to reduce swelling and bruising and is commonly recommended by doctors to be used before surgery. This can be purchased at a local health food stores.

Always use a **clean Q-tip**, not fingers to apply ointment to the lips area. This will reduce the risk of **secondary infection**. It is advised to sleep on an old pillowcase. There will be residual pigment coming off the lips for several days that can stain linens.

After lips are no longer tender to the touch they may become flaky. This is normal and is expected. Please **do not** pick or scratch at them. This may significantly reduce the amount pigment uptake. Avoid the sun and tanning beds **pre and post** procedure. Be sure to use a sun block once lips are healed. Do not use any Glycolic, Hydroxy or fruit acid products on lips. Avoid direct water pressure, pools and other bodies of water, until healed. Please be advised it is a good idea to **brush your teeth with just water for 72 hours**, post treatment. You can resume wearing lipstick once lips are healed. Redness, swelling, tenderness, dryness are all common post treatment side effects and will dissipate in a short period of time. Avoid oily, salty, acidic foods and alcohol while healing.

Lips are a muscle and will need **1 to 3 sessions** to complete the process of this procedure. **Lips are unpredictable**. Some clients will yield very strong healed lip color. Others will only heal with slight color uptake. This will vary on an individual basis. Clients with sun damage, scar tissue (from injury or fever blisters) and clients with implants may not have strong results.

Hyperpigmentation can happen on any lip client without warning. Fever Blisters are a known side effect of all lip procedures. Clients are asked to go to their doctor or dentist for an anti-viral medication prior to any lip procedure, to help avoid an outbreak. Follow all before and after instructions after all lip treatments. **Lip retouch must be scheduled 5 to 7 weeks apart** from initial session to help with color retention.

Lips heal in three stages: Too dark - Too light - Just right. This takes one month to happen. Please avoid any friction to lip area.

Healing Schedule

Day 1-2 Swelling, tender, thick lipstick appearance. You may experience discomfort in the lip area.

Day 2- 3 Less swelling, pigment appears thicker in texture, sore, hot feeling before exfoliation. Feels like a mild sunburn. Exfoliation-very chapped lips

Day 3- 4 Very chapped lips but almost finished with 1st chapping stage.

Day 5 You will begin to see a soft version of the color.

Day 6-13 Lip color lightens and a “frosty” stage begins. (This is the second chapping process). There may appear to be a whitish, grayish haze over the lip tissue. This will continue through day 13.

Day 14-45 The healing is completed. The new color will continue to bloom up to 5 weeks. Although you will continue to see changes based on your body temperature, the color you see now can be consider your permanent makeup color. Lips may remain dry for a month or two. Use a good lip balm and sunscreen and they will soon return to normal, but with a soft noticeable color. Lip color in the skin is enhanced by the light’s reflection of the lip balms or clear ointments applied to the lips.

