

Before & After Care for Lip Treatment

General Rules

- If you are under a physicians care you MUST obtain a release from him/her prior to your procedure.
- No Sun, sweating, or tanning prior to the procedure.
- Do not have a tan/sunburn on your face prior to your procedure.
- Getting a procedure while on your menstrual cycle can make you hypersensitive at the procedure.
- If there are any blemishes, pimples, active cold sores, irritation of the skin of any kind, moles or other skin imperfections in or around the area of the procedure, the procedure will be rescheduled until the blemish or area of concern is gone.
- A week before the procedure start scrubbing and moisturizing lips in order to prevent lips from any scabbing.
- Come without any makeup.

Prior To The Procedure

- AVOID alcohol or caffeine prior to your procedure, this will minimize any oozing or swelling after the procedure.
- DO NOT work out the day of the procedure as the body heat expands the pores.

Fillers or Botox

- Fillers or Botox should NOT be done 6 weeks prior to your procedure and 6 weeks AFTER your procedure.

Accutane

- You have to be off Accutane for ONE year.

Retin-A, Retinal, Retinoids

- You MUST be off Retin-A, Retinal, or Retinoids for 7 days prior to your procedure and avoid using on or around the area for 30 days after. If used before 30 days, it can cause the pigments to fade prematurely.

Blood Thinning Medications

- Do NOT take blood thinners (Aspirin, Coumadin, Plavix, Eliquis, Brilinta, Xarelto, Lovenox, Naproxen, Ibuprofen, Niacin, Vitamin E and others) prior to your procedure. Each individual medication has a specific shelf life and needs to be withheld at a different time. Please consult your physician on when it is the most appropriate to stop your blood thinning medicine.

Cold Sore Care Before Procedure

- If you ever had Chicken pox, fever blister or a COLD SORE, you will need an antiviral prescription from your doctor before the lip procedure. You must take Zovirax, Valtrex, or other antiviral pre and post procedure. to prevent the outbreak of cold sores. Physicians usually instruct to take it 2 days before. Permanent makeup of the lips may bring out the virus if not medicated beforehand.

Before The Lips Procedure

What to expect after the procedure

- Expect treated areas to be tender for the next few days.
- The procedure area may be red, swollen or have a discharge of lymph (yellowish / clear fluid) and blood for at least 12 hours post procedure. Gently dab off excess lymph from the procedure area with a clean tissue and clean cold water. Remember that you should wipe off the lymph to avoid getting a thick crust. You may alternate between ice and hot packs to relieve swelling.
- Tissue heals at different levels, some people heal within 5-7 days.
- **Day 1:** Every two hours gently dab off excess lymph from the procedure area with a clean tissue and clean cold water. Remember that you should GENTLY wipe off the lymph to avoid getting a thick crust. You may alternate between ice and hot packs to relieve swelling.

Lips After Care. NO! NO! NO!

- DO NOT RUB, SCRATCH OR PICK YOUR LIPS; pigment may be removed along with crusting tissue. Let any scabbing or dry skin naturally exfoliate off. Picking can cause scarring. Keep lips moisturized post procedure.
- No sauna, Jacuzzi, steam, exercise, hot yoga, swimming in chlorine pools or in the ocean for 7-10 days (until areas completely healed) after the procedure and after all color refreshers.
- Be careful when brushing your teeth. Toothpaste may pull the pigment out of the lip vermilion. DO NOT bleach your teeth while your lips are healing.
- No smoking while lips are healing!!!
- Treat your lips gently and with care. No kissing, rubbing or friction until the area is totally healed.
- Do not touch the healing pigmented area with your fingers. Touching the treated area with your fingers, unclean cotton swabs, old products or other, may result in infection. If you need to touch the area - use a clean cotton swab!

Lips After Care. Cold Sore

- If you ever have had a cold sore, you must take Zovirax, Valtrex, or other anti-viral pre and post procedure to prevent the outbreak of cold sores. If you do have an outbreak, it will usually occur on the 2nd-3rd day after application as well as after each color refresher.
- It is not technician responsibility if you have a cold sore outbreak after permanent makeup application, the treatment payment will not be refunded.

Lips After Care. General Rules

- It might be challenging to eat for a while. Avoid biting or licking your lips, and make sure no food or drink stays on the lips. Drink through a straw for the first few days. Do not eat citrus fruits and juices, greasy, salty, or spicy food until your lips are completely healed. While eating do not constantly wipe your lips with a napkin; do not keep licking your lips, as this will restrain the healing process.
- Use aftercare ointment ONLY if the treated area feels very tight. Do not use too much of aftercare ointment; overuse of your healing product will not let the area heal properly; apply a very thin layer to prevent the treated area from drying.
- Do not wear makeup on the treated area until it has healed. You might cause an infection or otherwise damage the permanent makeup.
- If you are a blood donor, you may NOT give blood for 1 year following your permanent makeup application (according to Red Cross).
- Use a sun block after the procedure area has healed to prevent future fading of pigment color; apply a waterproof sunblock 3-4 times daily to prevent fading.
- Even after the lips have been healed, apply sunscreen to your lips to avoid fading. Lips can take 2-3 treatments to achieve the desired result. Keeping lips moist daily will lengthen the time the pigment will last.

Color Fading Process



Right after the procedure.



Day 3-5.
When scabs are gone.



In one month after the procedure.
Before the touch-up



Right after the touch-up.



Approximately in one-two months
after the touch-up. Healed.

What will happen to the color after the procedure?

- Color will look MUCH darker for the first 5-7 days as the procedure has blood and lymph in it. After the areapeels, the color will be softer. The true color will not be visible for 4-6 weeks post procedure and for each color refresher.
- Color refresher visits should be scheduled between 4-8 weeks post procedure. All permanent makeup procedures are a two-step process. Results cannot be determined until the color refresher is completed.



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