



Permanent cosmetic procedures normally require multiple treatment sessions. For best results, clients will be required to return for at least one retouch procedure, usually between six and 8 weeks after the initial procedure.

Be prepared for the color intensity to be significantly sharper and darker after the procedure. This will subside and become lighter as the tissue heals.

### WITHIN 4 WEEKS OF THE PROCEDURE:

- 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.

### ONE WEEK BEFORE THE TREATMENT:

- 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.

### 24 TO 72 HOURS BEFORE THE TREATMENT:

- Avoid tanning beds, heavy sunlight or getting sunburn 3 days before the procedure.
- Do NOT take Aspirin, Niacin, Vitamin E, Ibuprofen or Omega 3 unless medically necessary, 48-72 hours prior to the procedure. (Tylenol or acetaminophen is ok.)
- 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!

## LIPS AFTERCARE ADVICE



### LIPS HEAL IN THREE STAGES:

- Day 1-3: Too bright (immediately after procedure)
- Day 4-10: Too light (after sloughing)
- Day 10-28: Just right and more natural (in about 20 days)

Redness, swelling, tenderness and dryness are all common post treatment side effects and will dissipate in a short period of time.

The older the client, the longer the healing period will take. Waiting an extra week before any touchup is advised for clients over 50 years of age.

### LIP AFTER CARE INSTRUCTIONS:

- 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.
- 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.

### WHAT TO AVOID DURING LIP HEALING PHASE:

- Avoid the sun and tanning beds pre and post procedure.
- Use sunscreen once lips are healed and continue the use to avoid premature fading.
- Avoid direct water pressure and submerged swimming until healed.
- Keep lips and mouth as clean as possible to avoid bacteria and infection.
- Try to avoid spicy or acidic foods until healed.
- Use a straw when drinking liquids.