



# LIPS PRE & POST CARE

## PRE CARE - PLEASE READ FULLY

Your Pre Care is an important step in achieving the desired healed results. As we are working with living tissue, ensuring the skin is in optimum condition is vital to our results. Please ensure you fully read the below and agree to follow these steps.

## PRIOR TO YOUR APPOINTMENT

1. Start using a gentle lip scrub daily 1-2 weeks prior to your appointment.
2. Keep the lips moisturised and hydrated every day with a good lip balm (avoid vaseline).
3. Drink plenty of water in the 1-2 weeks prior to your appointment to ensure the body is hydrated.
4. Please avoid any retinols around the area for a minimum of 8 weeks.
5. We cannot proceed with the treatment if you are on antibiotics, and any new medication must be discussed
6. It is advised that you do not have any kind of vaccination for 2 weeks prior.

**If you are prone to cold sores or have ever suffered with a cold sore it is likely you will have an outbreak. We strongly recommend taking anti-viral medication 5 days before and 5 days after your treatment. This will be discussed with you prior to your appointment and link to purchase them will be provided. You will need to take this every time you have your lip blush, for the top up sessions and colour boosts. b**

## ON THE DAY OF YOUR TREATMENT:

1. You must be in good health and not pregnant.
2. Any medical conditions should have been discussed at the time of your booking.
3. Please eat before your treatment to help with blood sugar levels.
5. Ensure you allow plenty of time for your appointment.
6. Avoid drinking large amounts of coffee, taking ibuprofen, aspirin (unless medically advised) and alcohol the night before your treatment.

## POST TREATMENT - PLEASE READ FULLY

1. Aftercare is key to the healing of your permanent makeup and must be strictly followed. If you pick at them you will lose colour and will be liable to pay for additional retouches.
2. You may notice whiteness or blanching around the area, this is normal and will subside within a few hours.
3. You may get some swelling, this is normal and should subside within 2 days.

4. In some cases there may be slight bruising. This should last no longer than 1 week.
5. Remember your colour will be darker and more prominent for 5-7 days on average.
6. Avoid any sauna/swimming/heavy exercise & sun exposure until the area has completely healed.
7. Once healed, the area should be protected daily with a good SPF.
7. Its vital that you keep the area clean and free from any makeup / products during the healing phase to prevent infection.

## POST CARE INSTRUCTIONS

1. Ice the lips if they are swollen the day/ evening of your treatment.
2. You can apply lip balm given to you immediately post procedure and throughout the day as needed using a clean lip applicator or finger.
3. Avoid spicy, salty, acidic food for 3 days.
3. Avoid kissing for 3 days (includes pets).
5. Drink from a straw or clean travel cup for 3 days.

## DO NOT PICK OF PULL AT THE AREA - IT CAN RESULT IN A INFECTION AND PIGMENT LOSS.

As soon as your procedure is finished your skin will prepare to heal. The skin will begin close and in a few days you may notice a thin crust - this will protect the area whilst the top layers of the skin fully heals. Around day 4-5 this will start to flake away revealing the pigment. You may initially see a lighter hue of implanted colour. This will change and settle over the next 4-6 weeks. In some cases a true healed colour can not be seen for up to 3 months.

## PLEASE NOTE

THIS IS A TWO STAGE PROCEDURE. Your treatment is not deemed complete until you have had both sessions. Your second visit should follow within 6-12 weeks.