



Lip Blushing Before and After Care

**FAILURE TO FOLLOW AFTER-CARE INSTRUCTIONS MAY
RESULT IN INFECTIONS, PIGMENT LOSS, OR DISCOLORATION**

**AT FIRST SIGN OF INFECTION CONTACT YOUR PHYSICIAN
IMMEDIATELY**

Prior to the Lip Blushing treatment, please observe the following:

30 Days Prior:

- Avoid Botox and fillers around the lip area.
- Avoid Glycolic acid, chemical peels, and laser treatments on the face
- Avoid Retinols and anti-aging creams eg. Retin

14 Days Prior:

- Avoid all facials, bleaching treatments, or waxings around the lip area
- Avoid extensive sun exposure and sunburn on the face

7 Days Prior:

- Avoid Motrin, Advil, Ibuprofen, Naproxen (Tylenol/Acetaminophen is ok to consume)
- Avoid fish oils, DHA supplements, cayenne supplements, turmeric, vitamin e, niacin (or anything that can cause blood thinning)
- If you have been prone to any type of cold sores (herpes simplex virus) or you may have the herpes simplex virus that lies dormant in your system, this

procedure could cause an outbreak.

1-3 Days Prior

- Avoid alcohol (especially red wine)
- Avoid coffee or tea (1/2 cup is ok, drink decaffeinated) or excessive amounts of caffeine
- Gently exfoliate your lips 2 days prior to your procedure, 2x/day (you could use sugar and coconut oil mixture for a natural exfoliate)
- Stay hydrated and drink plenty of water (the first sign of dehydration is dry lips)

It's encouraged to bring your favorite lipsticks and/or lip liners with you to your appointment or photos of lip shapes and colors you prefer.

The day of the treatment: Gently blot the area with clean tissue to absorb excess lymph fluid, if any. Do this every 5 minutes for the full day until oozing has stopped. Removing this fluid prevents hardening of the lymph.

DAYS

1-10:

1. Do a single wipe with a damp cloth/paper towel, squeezed out completely, with a mild, fragrance free antibacterial soap (Dial, Cetaphil, Neutrogena) once a day. Pat dry gently with a clean paper towel.
2. Apply a rice grain amount of aftercare ointment (Aquaphor or grapeseed oil) with a cotton swab and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and delay healing. The ointment should be barely noticeable on the skin. Never put the ointment on a wet or damp tattoo.
3. You can apply ice to your lips off and on to help relieve swelling.

Important Rules During Healing and Aftercare:

- Avoid touching lips with fingers
- Change your face masks frequently
- Avoid toothpaste on lips and use gentle dental care during the healing process
- Blot with a tissue, don't rub during healing
- Drink through a straw until peeling is complete
- To avoid infection, do not kiss until scabs have completely come off
- No conventional lipstick be worn during the healing process or any petroleum products
- Gently apply with a clean q-tip a very light layer of aftercare gel several times a day during the healing process to help moisturize. A very thin layer is used to allow the lip skin to breathe.
- Use a clean, dark pillowcase to prevent possible ink stain and try to sleep on your back as much as possible
- Be careful when putting on or taking off clothes over the head
- Use medication if necessary for cold sores
- Do not pick or peel your lip skin
- Stay out of direct sun exposure. Once healed, use a chapstick with SPF to help prevent loss of color
- No smoking until fully healed
- No soaps or alpha hydroxy's until fully healed
- Do not evaluate lip results until 21 days after the procedure
- The color of the lips you leave the appointment with is not your final color (It can fade up to 40-50%)
- The final color will be soft and natural
- Perfecting/follow-up touch-up appointment should take place 6-8 weeks following the initial lip procedure

Limit your showers to 5 minutes, so you do not create too much steam. Keep your face/procedure area out of the water, while you wash your body, then, at the end of the shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.

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Within 21 days, lips go through 3 phases:

- 1st phase "looks too dark": About 3 days with chapping (day 1-3)

- 2nd phase "looks too light": Frosty and loss of color (days 4-13)
- 3rd phase "looks just right": Blooming (days 14-21)

Just relax and be patient. It's a process!

- Day 1: Swelling, tender, heavy thick lipstick with a reddish brick color.
- Day 2: Slight swelling, reddish and tender with a slightly metallic flavor
- Day 3: Less swelling, thicker texture, sore, hot feeling with an orange color effect
- Day 4: Exfoliation/Peeling begins causing very chapped lips
- Day 5: Very chapped lips but almost finished with the chapping stage
- Day 6: A soft, rich color begins to appear
- Day 7-13: Lip color disappears and the “frosty” stage begins as a white-ish, lighter haze on the lips
- Day 14: Color slowly and gradually develops from within each day until day 21 or about 3 weeks post-procedure
- Day 21: Healing is complete. The true color is revealed as you see it. Your lips will remain a bit dry for 1-2 months. Use a good quality lip balm (with spf of course)!