



Lip Blush Procedure Prep

To ensure the best lip blush results, here is a list of what to do and not to do prior to your appointment:

Prescription Medications:

Prescription Medications: If you are under the care of a physician and taking prescribed medications, you should check with your doctor regarding interactions prior to scheduling an appointment.

Prep For Your Procedure:

*ALCOHOL should be avoided 24 hours prior to the procedure.

*DO NOT discontinue medication prescribed by your physician without consulting them first. Otherwise, at least 48 hours prior to the procedure.

You should avoid taking the following before your appointment:

•Ibuprofen, Motrin, Advil, Aleve, Naproxen, Aspirin, Fish Oils, Vitamin E, Blood Thinners (Consult your physician).

***THINGS TO HAVE: (Home Care)**

- Ice Packs
- Q-Tips
- Huggies baby wipes- water wipes (fragrance free)

Before Your Appointment :

We recommend washing your hair if needed before any procedure is done, as you can not get the treated area wet for the next 48 hours

***Make sure to have a small snack or meal before your appointment as it would be difficult to eat right after, due to the topical numbing.**

Your lips cannot be dry for the appointment. If they are dry we will need to reschedule. We recommend to exfoliate 3 days before your appointment very gently to remove any dry skin for color retention. You can use a lip scrub or create your own using a little mix of oil (olive oil, castor oil, coconut oil...) and brown sugar. For the week leading up to the appointment you must moisturize your lips as much as possible and drink lots of water.

IMPORTANT

- Please take your cold sore pills 3 days prior to the procedure (If you ever had any) to prevent an outbreak during or after the procedure.

If you have ever had a fever blister, cold sores in the past you MUST get a prescription for Zovirax, Valtrax, Asyclovir or other prescribed medication from your doctor. This must be taken in ORAL form, not cream. You must pre-medicate with an anti-viral 3 days prior and 5 days post procedure at least. (If no anti-viral is taken, unfortunately we can not proceed with the lip blush service, as you will experience a cold sore break out, which results in no color retention, and scarring in the areas that you will break out).

- If any recent lip fillers were done we can not proceed with the procedure until 3 weeks after.
- No sun or tanning 2 weeks prior to the procedure or after!
- Avoid rapid exfoliants on area to be tattooed. (Retin-A, glycolic acid).
- Avoid laser treatments, chemical peels and intensive facial treatments around the lip area 1 month after the procedure.
- If currently on Accutane (To treat acne), the procedure can not be performed before at least 6 months after the completion of the treatment.
- Stop the use of multivitamins 24 Hrs before your procedure.
- Do not have any type of facial treatment 2 weeks prior and after the procedure.
- Do not work out the day of the procedure.
- Avoid heavy exercise and sweating at least 24 hours after the procedure.
- No electrolysis on the area of the procedure.

- Do not take aspirin, niacin, vitamin E, Fish oil, ibuprofen unless medically needed 48 hours prior to a procedure. (They are natural blood thinners).
- Do not smoke marijuana 24 hours before your appointment.
- Avoid caffeine prior to procedure.
- Avoid direct water on the treated area. The area shall remain dry for 48 hours after the procedure. (Please wash hair prior to your procedure if needed)
- Avoid extreme exercise immediately prior to the procedure or directly after.
- No pools/swimming until fully healed, we advise a full 7 days.
- Please allow time for the lips to heal before going on vacation, or any special events.
- Only touch gently the treated areas with a q-tip if feeling itchy.
- Do not pick or purposely remove any scabs or flakes from your treated area, this is how the healing process is, any scabs/dry skin, that is picked at with fingers will result in no pigment retention. There would be no free follow up touch ups at this point.
- Swelling , redness and oozing is very normal after the procedure. Applying ice for about 3 hours for the first 2 days will soothe and calm the treated area.
- If you notice any lymph or oozing, after the appointment, please gently wipe/pat the lips using a water wipe to keep the area clean, and to avoid infection.
- Dry skin/itching, tenderness to treated area is normal! These symptoms will dissipate.

Lip Tips:

1. Bring your Favorite lipstick shade that you regularly wear.
2. Lips are muscles without hair follicles or pores. If a client has a lot of scar tissue on lips, deep lines/creases, the results may be weak in color intensity. A lipstick look can not be achieved with lip tattooing. However, a beautiful natural shade is a realistic goal!!!
3. Lips heal in 3 stages- too dark-too bright-then too light (as if faded) then true colors return in 3-4 weeks.
4. Avoid oily, salty or spicy food right after the procedure. (48 hours recommended)
5. Avoid teeth whitening for a week after the procedure.

6. Apply the Vit A&D after care (provided by your artist) 2 days after the procedure in a thin layer using a q-tip, twice a day just to keep area moist.
7. DO NOT RUB, SCRATCH OR PICK AT YOUR LIPS! Let any residual pigment come off naturally for best healing and color retention.

*** The color will fade and may become blotchy and super light within the first 15 days, THIS IS NORMAL.

The color will fully develop and settle in 4 weeks.***

“Small Details Make A Big Difference “

Thank you,
Lasting Impression