

LIP BLUSH AFTERCARE INSTRUCTIONS

THE FIRST TWO DAYS

Your lips will be swollen in this time, so be gentle to them! You have an open wound on your face and should take precaution through the healing process.

- **Aftercare Step by step:**
 - Wash your hands.
 - Gently clean the area with unscented soap.
 - Pat the area dry with paper towel, **DO NOT RUB.**
 - Apply a thin layer of ointment with a clean Qtip. Hustle Butter is recommended, Aquaphor is another option.
 - Continue this process throughout healing.
- **DO:**
 - Clean the area 3 times a day, morning, afternoon and evening.
 - Apply an extra heavy coat of ointment to the lips **ONLY** before bathing, washing the area around the lips, or brushing your teeth.
 - Use a minimal amount of toothpaste when brushing your teeth. Toothpaste and mouthwash are considered “soap” and will remove the lip colour.
 - Wear hats to protect your lips from the sun.
 - Avoid kissing anyone during this time.
 - If you are prone to HSV-1, immediately start taking the antiviral medication you got before the procedure from your physician.
 - Not use facial cleanser on or around the area.

THE FIRST 7 DAYS

- **DO NOT:**
 - touch, bite, lick, pick, peel, tamper, scratch, rub, injure, or remove the peeling skin in anyway; if you do, you will experience a loss of colour.
 - Let any water, lotion, soap or makeup touch your lips.
 - Use any lipstick, lip gloss, foundation or any other cosmetic products on or near the treated area.
 - No foreign bodily fluids during this time.
 - No physical activity that causes extreme sweating.
- **DO:**
 - Use a straw when drinking any liquids, avoid alcohol and limit caffeine.
 - Avoid spicy or super-hot foods during this time. When eating please take small bites and ensure the food does not touch the lips.

THE FIRST 14 DAYS

- **NO:**
 - hot sauna, swimming, pools, hot baths/showers, sun tanning, tanning salon, Vaseline, Neosporin, or any other petroleum-based products.
 - facials, face massages, waxing, threading, laser or other skin treatments on the face.
 - Do not expose the area to dirty or unsanitary conditions, avoid dusty places.

THE FIRST 30 DAYS

- Do not use products containing alcohol, tonics or tonics based on lactose and fruit acids, retinol acids, or glycolic acids in the treated areas.

WHAT IS NORMAL

- Mild swelling, itching, light scabbing, light bruising and dry tightness. You may use an icepack wrapped in clean paper towel to help with the swelling.
- Too dark and a slightly uneven appearance. After 3-7 days the darkness will fade, once any swelling dissipates unevenness usually disappears. Any adjustments to the colour will be made during the touch-up appointment.
- Colour change or colour loss as the procedure area heals. The colour will go through a “ghost” phase where the colour will lighten and seem to disappear in places. If the colour doesn’t come back in some spots, this will be addressed during the touch-up appointment after your lips have completely healed. Healing takes about 6-8 weeks.
- A touch up may be needed in 6 months to 1 year after the touch up procedure depending on your skin, medications taken, and sun exposure.
- I recommend the first touch up 2 months after the first session, then every 6 months to 1 year after to keep your lip tattoo looking fresh. An emailed photo consultation, or in person consultation may be necessary to determine if you need a touch up or a repeat of the entire service.

WHAT IS NOT NORMAL

- If the skin around the tattooed area breaks into a heat rash, or small pimples, this is usually a reaction to the numbing solution and should go away on its own in a couple of weeks. **DO NOT PICK AT THEM!** If this happens, let the Cosmetic Tattooer know so a note can be made in your file. Follow up through this situation to ensure that it isn’t more serious!