

LIP BLUSH PRE CARE

LIP SKIN PREPARATION

Lip skin is different to the rest of the body and it's very important to prepare the skin of your lips so that it's supple, moisturised and hydrated.

If you're prone to cold sores/herpes please take antiviral 3 days prior to the procedure.

Fail to prepare your skin for the procedure can cause excessive bleeding & pain which result in poor retention/result.

If you have your menstrual cycle on the day of the procedure, please reschedule your appointment (as your body is very sensitive during this time)

- Do not consume alcohol 5 days before your procedure and 3 days after
- Do not drink caffeine including energy drinks and tea 2 days before your procedure
- Do not exercise day of procedure
- Do not tan or attend appointment with sunburn on the face
- Avoid all blood thinners; Aspirin, Ibuprofen, fish oil, caffeine (including tea) smoking, Soda etc 2 days before.
- Avoid chemical peels, botox, leaser treatments 4 weeks before your appointment
- Lip blush should be perform 4 weeks before or 4 weeks after your lip filler appointment

Following these pre-care instructions will give the artist a smooth canvas (your lips) to achieve the best results!

LIP BLUSH AFTER CARE

You will experience swelling and it's completely normal. It will generally reduce within 48 hours. To help with the swelling you can use an ice pack every hour for a maximum of 10 minutes for the first 5 hours following the treatment.

Do not touch, pick, peel, scratch, rub, or remove the peeling in any way. If you do, there is a high risk of loss of colour and scarring. It should fall off naturally as the skin goes through its own exfoliating and recovery process.

DAY OF TREATMENT: ABSORB IS KEY

After the procedure, gently dab the area with a cotton ball or cotton pad to absorb excess lymph fluid. Repeat every 15-30 minutes for 24 hours until the liquid has stopped.

Removing this fluid prevents hardening of the lymphatic fluid which means less scabbing!

AFTER THE PROCEDURE UNTIL PEELING IS COMPLETE:

- Keep the lips completely dry. The only time they should be wet is when cleaning them.
- Clean your lips twice a day (morning & night) with a damp (NOT WET) cotton pad with micellar water or warm water.

LIP BLUSH AFTER CARE

AFTER THE PROCEDURE UNTIL PEELING IS COMPLETE:

A very thin layer of moisturiser (that is provided) should be applied consistently (every hour or so) throughout the day to the treatment area with a fresh Q-tip. Applying too much moisturiser can lead to fading and clogging on the skin. Do not let the area dry out and crack, keep it moist at all times.

- Do not pick, bite, lick scratch or rub the peeling in any way if you do, you will experience a loss of colour and uneven healing
- Use a straw when drinking any liquid
- No spicy or super hot foods and drinks
- No physical activity that causes extreme sweating
- Do not apply lipstick to the tattoo area
- No hot showers, sauna, tanning, facials, waxing, threading, laser or skin treatments
- No Botox or fillers at least 4 weeks after treatment.

We look forward to seeing you during your touch up appointment (6 weeks after your first session).