
THE BROW AV.

BROWS · TAN · FACE

COSMETIC
LIP BLUSH
PREPARATION

PREPARATION & PRE CARE





PRE TATTOO APPOINTMENT CARE AND PREPARATION

We look forward to treating you in salon for an upcoming Lip Blush procedure.

Please carefully review the following information prior to your appointment to ensure you are suitable for treatment and achieve the best healed results.

We are unable to tattoo over moles, blemishes, broken skin, or active skin conditions in the treatment area.

Cosmetic tattooing may not be suitable for clients who:

- are pregnant or planning pregnancy
- are breastfeeding
- are prone to keloid scarring
- have certain autoimmune conditions
- have active skin disorders or infections
- are currently unwell or healing from recent cosmetic procedures

If you have any medical conditions, allergies, or are taking medication that may affect healing, please advise us prior to booking. Medical clearance may be required.

If you are prone to cold sores (HSV), an antiviral medication is strongly recommended before your appointment to help prevent a flare-up.

If you are menstruating at the time of your appointment, you may experience increased sensitivity, discomfort, or bleeding during the procedure.

When booking your procedure, we kindly ask that you consider any upcoming social events, holidays, photoshoots, or special occasions during the initial healing period, as lips may appear swollen, dry, or more vibrant immediately following treatment.

Healing can take up to 4-6 weeks, with final results settling around 6-8 weeks

Results vary depending on skin type, lifestyle, medications, and aftercare compliance

Previous cosmetic tattoo work may require correction work or additional sessions

Mild swelling, tenderness, dryness, and peeling are normal during healing

Contact your technician or GP if you experience severe swelling, discharge, infection, or unusual pain

IMPORTANT INFORMATION

29/51 Princes Highway
Fairy Meadow NSW 2519
02 4284 3994
hello@thebrowav.com.au

IN READINESS FOR YOUR APPOINTMENT
IT IS IMPERATIVE THAT YOU FOLLOW
THE BELOW TIMELINE AND GUIDELINES
TO ENSURE THAT YOU ARE
CORRECTLY AND BEST PREPARED FOR
YOUR UPCOMING PROCEDURE.

4 WEEKS PRIOR TO APPOINTMENT

No cosmetic fillers or Botox in or around the lips

No laser, IPL, chemical peels, skin needling, dermabrasion or resurfacing treatments

Avoid excessive sun exposure, sunburn or solarium tanning

Cease using lip enhancing serums

Lip filler must be fully healed before treatment (minimum 4-6 weeks)

2 WEEKS PRIOR TO APPOINTMENT

Avoid major dental work where possible

1 WEEK PRIOR TO APPOINTMENT

Keep lips well hydrated and exfoliate gently daily

Dry, cracked, sunburnt or irritated lips cannot be treated

Avoid Retin-A, Vitamin A, Vitamin E, AHA/BHA or glycolic acids near the lips

No waxing around the lip area

Avoid facials or skin treatments around the mouth area

If you are unwell, on antibiotics or have an active cold sore/outbreak, your appointment will need to be rescheduled

If you have ever had a cold sore, lip blush may trigger an outbreak during healing. We strongly recommend taking preventative measures prior to your appointment.

- Topical antiviral creams such as Zovirax may be used as directed
- Oral antivirals such as Acyclovir can be prescribed by your GP
- Begin prevention 2-4 days prior to treatment and continue post treatment if advised
- Cold sore outbreaks during healing may affect healed results and pigment retention

48 HOURS PRIOR TO APPOINTMENT

No alcohol

No caffeine or energy drinks

No fish oil or primrose oil

Avoid blood thinning medications (Aspirin, Ibuprofen, Advil, Warfarin, etc) unless prescribed by your doctor

Avoid supplements that may thin the blood. These can include Garlic, Ginger, Ginkgo, Chamomile, Glucosamine, Vitamin C, Antioxidants

No fake tan or tanning products. Ensuring to remove any existing tan thoroughly

Complete and submit THE BROW AV. Cosmetic Tattoo Client Details and Consent Form.

24 HOURS PRIOR TO APPOINTMENT

Bring your favourite everyday lip colour for inspiration if desired

Continue moisturising lips regularly

Gently exfoliate lips before your appointment

Arrive with clean, makeup-free lips

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HEALING AND AFTERCARE

Lip Blush is a multi-step cosmetic tattoo procedure and healed results will vary from person to person.

Initial healing typically takes 10-14 days, with colour softening and settling over several weeks.

Swelling, tenderness, dryness, and flaking during healing are normal.

Commitment to your cosmetic tattoo aftercare is essential and plays a significant role in your final healed result. Proper aftercare supports colour retention, healing, and overall outcome.

Following your aftercare instructions carefully is extremely important. Poor aftercare may affect pigment retention, healing quality, and longevity of results.

A perfect result cannot be guaranteed, as healed outcomes depend on individual skin type, lifestyle, health, and aftercare compliance.

Touch-up appointments are usually recommended to perfect and maintain colour retention.

FOLLOW AFTERCARE AS PER TIMELINE BELOW

DAYS 1 & 2 POST TREATMENT

Lips may feel swollen, tender and appear darker than expected initially

Use a soft, damp wipe to keep lips clean, dry and protected.

Apply only the recommended aftercare product

Use a clean cotton tip when applying balm

Avoid touching, rubbing or picking the lips

Drink through a straw if advised

Eat soft foods and avoid excessive mouth stretching

Avoid spicy, salty, acidic or very hot foods and drinks

Avoid kissing, friction or pressure on the lips

Sleep slightly elevated on the first night to help reduce swelling

No lipstick for 1 week after

DAYS 7 - 14 POST TREATMENT

Do not peel, pick or scratch flaky skin

Avoid swimming pools, ocean water, spas, saunas, steam rooms and hot yoga

Avoid excessive sweating and gym sessions for 5-7 days

No makeup directly on the lips until fully healed

Avoid smoking where possible during healing

Keep lips constantly moisturised using approved aftercare only

Avoid direct sun exposure and tanning

Avoid whitening toothpaste during healing

Avoid citrus, acidic foods and excessive contact with the lips

Do not share drinks, lip products or utensils during healing

Avoid facials, skin needling, laser or active skincare around the area until healed

Uneven healing, patchiness and colour changes are normal during the healing process

Colour may fade 30-50% before the final healed result settles

Use SPF lip balm daily once healed

Keep lips hydrated to maintain colour retention

Excessive sun exposure may cause premature fading

A touch-up appointment is essential 6-8 weeks after your initial session

Multiple sessions may be required to achieve desired results

Annual refresh appointments may be needed over time

LONG TERM CARE

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