

## **BEFORE YOUR TREATMENT:**

- Do not take aspirin, ibuprofen, fish oils, vitamin E, niacin, or drink excessive alcohol at least 48 hours prior to and after your procedure.
- Do not take any prescription blood thinners at least 48 hours prior to and after your procedure.
- Discontinue any vitamin A skin care products (Retin-A, retinols) close to the enhancement area at least two weeks prior to your procedure. \*\*I recommend NOT using these products over or around the tattooed area after you receive your cosmetic tattoo. It could cause fading and distortion of color.\*\*
- Discontinue use of AHA (chemical exfoliation) skin care products close to the area to be tattooed at least one week prior to your procedure.
- No laser or electrolysis on or around the treatment area one week prior to procedure.
- No Botox or fillers in the procedure area less than one week prior.
- Plan trips or events a minimum of 14 days after the procedure. Due to unwanted elements Limit the amount of caffeine you consume the morning of your appointment.
- Do not have any chemical peels, dermabrasions, mesotherapy, or any other intense treatments which will cause faster skin cell rejuvenating and cause skin irritation 3-4 weeks before procedure.
- If you have been on prescription Accutane in the past, you MUST wait at least one year before considering this procedure.
- It is highly recommended that you avoid SUN and TANNING BED exposure for 30 days BEFORE and AFTER your procedure. If you show up for your appointment with a new tan or a sunburn, you will need to reschedule and will forfeit your booking fee. As your skin exfoliates from a sunburn, it will take the pigment with it.
- Bring in your favorite lip color if you have a specific color your wanting to achieve
- If you have existing cosmetic tattooing you need to contact me BEFORE booking your appointment.

## **DAY OF YOUR TREATMENT:**

- Bring valid photo ID
- Have photos of daily lip look you're wanting to achieve
- You can wear makeup and lipstick to the appointment. Area will be cleaned prior to treatment
- DO NOT consume blood thinners, drugs or alcohol, or caffeinated beverages

- DO drink lots of water
- NO sunburns, open lesions, pimples, etc. Contact the artist immediately if unsure about your skin's condition.

#### **AFTER YOUR TREATMENT:**

- For the 10 days following the tattoo procedure, wash the site gently and apply coconut oil or non medicated lip balm multiple times per day.
- Wash the site gently with liquid soap and water using your hands only.
- Blot the area dry. Do not rub. Massage oil or balm in gently for 15 seconds.
- After initial healing (7-10 days) use lip gloss with sunblock over the tattooed area to preserve color. The continued use of at least SPF 30 sunblock with UVA and UVB protection will help to prevent fading.
- Sleep slightly elevated for the first few nights to reduce swelling.
- May use ice pack for no more than 15 minutes at a time to reduce any swelling
- Schedule and go to your touch-up appointment, which should be scheduled to occur between 4 and 8 weeks (soonest) after the initial procedure. The touch-up procedure ensures good color saturation and provides an opportunity to fine tune the final shape and color.