

*Day 1: for the first few hours following your appointment avoid eating or drinking anything except for with a straw. Add ointment as much as you want they will feel sore and swollen as well as dry. When you do eat, avoid spicy food. Do not bite into your food make sure you are using a utensil and take small bites. Make sure you wash your lips anytime you eat or drink and then apply more ointment. It can be beneficial to take some Tylenol and to ice your lips to help with any swelling. Tonight before bed, you will want to wash your lips after you brush your teeth and then apply more ointment. It would be beneficial to wake up once during the night and add some more ointment as well.

*The first 72 hours: you will make sure you first wash, then apply the ointment morning and night. During this time you want to apply the ointment anytime your lips start to feel dry! This can be done up to 15 times a day if needed. Continue washing the area and applying the ointment after you eat drink, or brush your teeth. Also continue avoiding spicy foods or citrusy foods.

*Days 4-14 of healing: Keep washing and applying the ointment every morning and night. And wash them every time you eat, drink, as well as kiss or basically any contact with your lips, you will need to wash and put on ointment afterwards. You can add more ointment midday but only up to about 5 or 6 times after the first 72 hours is necessary. The lips do start out more bold; and then get lighter until almost gone, then with the color resurfacing. You will not see the full results until 14 days after the initial appointment. Do not put on any lipstick for the first 14 days.
