

LIP AFTERCARE INSTRUCTIONS

Proper care following the procedure is required to achieve optimal results! Keep in mind that color will appear darker the first week, and then it will fade and soften as your skin will heal. After the initial application of pigment, some unevenness of color is normal. Adjustments will be done at the follow-up appointment. Please review and follow the instructions below, if you have any questions please contact me anytime.

Avoid for 10 days or until fully healed:

- Direct sun
 - Swimming pools/hot tubs
 - Sauna, steam
 - Playing with animals(avoid being scratched)
 - Heavy workouts, heavy sweating, hot yoga
 - Using any products except the recommended ointment
 - Using lipstick or any other makeup products
 - Spicy and highly acidic foods
 - Toothpaste and mouthwash
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- Immediately after the procedure some lymph may continue to develop. That's normal. Gently remove the lymph from the skin to avoid heavy scabbing by tapping with tissues until the skin is dry. Then reapply healing ointment.
- Some tenderness, puffiness, dryness and itching are expected during the first 2 weeks of the healing process. For the color to heal evenly, and to prevent scarring and infection - do not pick, peel, or scratch the treated area.
- To reduce swelling you may use an ice pack by applying it over a clean cloth. Do not apply ice directly to the skin.
- Drink through a straw for several days
- Cleanse the area with q-tips using clean hands and apply recommended healing ointment at least 2 times/day for 7-10 days. Keep the skin covered with ointment, do not let your lips dry. It is recommended to apply ointment as long as the skin is still scabbed, and even after. The ointment will help your skin regenerate faster and better.
- Procedure area will dry and scab heavily if ointment is not covering it at all times. Try to sleep on your back so that ointment will stay on your lips through the night. Lips may crack overnight if they are allowed to dry up.
- AVOID water on your lips. Quickly wash your face and pat it dry immediately so water doesn't stay on the procedure area for long. Do not take hot, long showers until your skin is healed.
- During 4 weeks after the procedure it's better to not use products containing AHA's on or near pigmented areas including glycolic/lactic acids, Retin A.

Contact a physician if you experience following symptoms:

Excessive swelling, redness, yellow or green discharge, fever, or see streaks running towards the heart - which indicate signs of an infection.