



# Lip Blush

## Aftercare Guide

Thank you for visiting **Kristi PMU & Wax**.

Careful aftercare is essential to protect your results, support healthy healing and achieve the best possible colour retention. Please follow these instructions closely.

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### Immediately After Treatment

- Lips may appear darker, swollen and more defined
- Mild tenderness and sensitivity are normal
- Bruising is normal
- Colour will gradually soften as healing progresses

Temporary changes in colour and texture are expected — this is all part of the normal healing process.

### Cleansing & Hydration Aftercare

Lips require more consistent hydration throughout the healing process.

#### Cleansing

- Allow freshly boiled water to cool to a lukewarm temperature
- Soak a clean cotton pad and gently squeeze out excess water
- Gently cleanse the lips
- Dab softly — do not rub or drag the skin

#### Ointment Application

- Using a clean cotton bud, apply a **small amount of ointment** (grain of rice size)
- Apply evenly across the lips

#### Frequency

- Repeat every **4–5 hours during the first 48 hours**
- Continue regular application for **up to 7 days**, or as advised

Always use fresh cotton pads and cotton buds.

#### Important

- Lips may feel very dry — this is normal



- Keep lips consistently hydrated, but avoid over-application
- Do not allow lips to become excessively dry or cracked

## First 24 Hours

Your lips are most delicate during this time.

- Avoid touching your lips unnecessarily
- Do not lick your lips or allow saliva to sit on the area
- Avoid hot drinks and hot food
- Do not consume spicy, salty or greasy foods
- Avoid alcohol
- Refrain from smoking if possible
- Do not apply makeup to the lips
- Avoid kissing

## Days 1–7: Active Healing Period

### Balm & Moisture

- Apply your recommended aftercare balm as much as needed in thin layers
- Use clean hands when applying

### Hygiene & Cleansing

- Keep the area clean and dry
- Avoid splash-washing your face
- From Day 1, gently cleanse twice daily using a cotton pad and cooled boiled water
- Pat dry with a clean tissue — **do not rub**

### Protecting the Area

- Avoid touching your lips unnecessarily
- Keep hair away from the mouth area
- Do not pick, peel or pull at flaking skin
- Allow lips to shed naturally

### Eating & Drinking

- Use a straw when drinking
- Avoid excessive contact between lips and liquids
- Avoid spicy, acidic or heavily seasoned foods
- Avoid very hot beverages
- Take care when eating to keep the area clean

### Oral Care

- Before brushing teeth, apply a thin layer of petroleum jelly to protect the lips
- Brush gently using a minimal amount of toothpaste



- Wipe away residue carefully

Some dryness, itching and flaking are normal during this stage.

### Physical Activity

- Avoid strenuous exercise and heavy sweating for at least **48 hours**
- Sweat can irritate the area and affect pigment retention

### For 2 Weeks After Treatment

Please avoid:

- Swimming pools
- Saunas and steam rooms
- Sunbeds and strong sun exposure

Newly healed skin is more sensitive to heat and UV exposure.

### Makeup & Skincare

- Do not apply lipstick, gloss or lip liner until fully healed
- Avoid skincare containing exfoliating acids around the mouth
- Do not use thick lip masks or heavy occlusive products unless advised

Use only clean lip products once healing is complete.

### Touch-Up Appointments

Lip Blush is a multi-step treatment.

- A minimum of one touch-up session is required
- Typically scheduled **4-6 weeks** after your initial appointment
- Touch-ups are charged separately

No further treatment can be carried out until healing is complete.

### Factors That Affect Colour Retention

Results vary depending on:

- Skin type and condition
- Natural skin chemistry (pH)
- Sun exposure
- Age and cell renewal rate
- Lifestyle and diet
- Smoking
- Medications
- Following correct aftercare



Some clients may require additional sessions to achieve their desired result.

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If you have any questions or concerns, please contact us — we're always happy to help.

Thank you for trusting **Kristi PMU & Wax** with your lips.