



# Lip Blush

## **Pre-Care & Treatment Information**

Thank you for choosing **Kristi PMU & Wax** for your Lip Blush treatment.

Careful preparation helps your lips heal beautifully, improves colour retention and reduces the risk of complications. Please read and follow this guidance before your appointment.

### **Sensitivity Patch Test**

To help minimise the risk of allergic reaction, a sensitivity patch test is required at least **48 hours prior to treatment**.

This test is performed in clinic by your therapist and involves applying small amounts of pigment to discreet areas of the skin.

The area will then be assessed for any signs of reaction, such as:

- redness
- swelling
- itching
- irritation

If you notice any delayed sensitivity after your patch test appointment, please inform us as soon as possible.

Please note:

- A negative patch test does not guarantee that an allergic reaction cannot occur
- Pigments used during testing may differ from your final treatment colour

### **Treatment Suitability**

This treatment may not be appropriate if you:

- Are pregnant or breastfeeding
- Have active cold sores or lip infections
- Have severely dry, cracked or peeling lips
- Have had lip filler within the last 4 weeks
- Are feeling unwell on the day of treatment

If you have eczema, psoriasis, dermatitis or other skin conditions affecting the lip area, please seek medical advice before booking.



## Cold Sores (Herpes Simplex)

Lip treatments can trigger dormant outbreaks.

If you have ever experienced cold sores:

- Consult your GP or pharmacist before treatment
- Preventative antiviral medication is strongly recommended
- Begin medication as advised by your prescriber (typically 2–3 days prior)

A history of cold sores will not prevent treatment, but precautions are essential.

### Preparing Your Lips

Healthy, well-hydrated lips achieve the best results.

- Apply a nourishing lip balm daily for **at least 5 days** before treatment
- Keep lips moisturised and protected from dryness
- Do not pick or peel dry skin
- If lips are excessively dry or cracked, treatment may need to be postponed

### 2 Weeks Before Treatment

Please avoid:

- Microdermabrasion
- Chemical peels
- Laser treatments around the mouth area

These treatments increase skin sensitivity.

### 1 Week Before Treatment

- Stop taking Omega-3 (fish oil) supplements
- Avoid lip filler or injectables



## 48 Hours Before Treatment

To reduce bruising and sensitivity, avoid:

- Aspirin
- Ibuprofen
- Niacin
- Vitamin E
- Blood-thinning supplements
- Alcohol
- Smoking where possible
- Avoid sunbeds and excessive sun exposure
- Protect lips with SPF when outdoors
- Excess caffeine (coffee, energy drinks)
- Waxing near the lip area

*Do not stop prescribed medication without consulting your GP.*

## The Day Before Your Treatment

- Keep lips well moisturised
- Avoid heavily pigmented lip products
- Use clear lip balm only
- Do not pick or exfoliate the lips

## On the Day of Treatment

- Eat beforehand to help maintain stable blood sugar levels
- Arrive well-rested and hydrated
- Avoid caffeine and alcohol
- Ensure lips are clean and free from makeup or skincare
- Allow enough time for your appointment and consultation
- Wear comfortable clothing
- Allow sufficient time for your appointment
- Wash hair beforehand (helps avoid excess moisture in early healing)
- Do not exercise before your treatment

You may feel more sensitive if attending during your menstrual cycle due to hormonal changes.

## Medical Considerations

Permanent make-up may not be suitable if you have:

- Liver disease
- Compromised skin near the eye area
- Active skin conditions (eczema, psoriasis, dermatitis) in the treatment area
- Pregnancy or breastfeeding
- Ongoing chemotherapy or radiation treatment



**Doctor's Note Required If You Have:**

- Diabetes (Type 1 or 2)
- High blood pressure
- Autoimmune conditions
- Thyroid or Graves' disease
- Any condition affecting healing or infection risk

Hormone therapies may increase sensitivity and affect pigment retention.

---

If you have any medical conditions, concerns, or questions prior to your appointment, please contact us — We are always happy to advise.

We look forward to welcoming you to **Kristi PMU & Wax** and creating beautifully enhanced lips for you.