# Lip Blush Pre-care

* 5 days prior to the start of the treatment, lip balm is to be used regularly every day
* On the treatment day do not drink coffee, alcohol or energy drink
* Do not take Aspirin, Niacin, Vitamin E or Ibuprofen 24 hours prior to the appointment
* Stop taking Omega3 (fish oil) 1 week before the treatment
* Do not use sun-beds and avoid sun exposure 3 days leading up to the appointment
* 2 weeks prior the treatment stop, microdermabrasion, chemical peeling and laser treatments
* If you have ever had an herpes outbreak, please consult with your doctor (they may prescribe anti-viral medication). Herpes outbreak is rare, but possible after a lip procedure

# Lip Blush Aftercare

Proper care following your treatment is necessary to achieve the best results

* Do not pick the scabs and avoid touching lips for 7 days
* Use the aftercare balm 2-3 times a day, apply thin layers
* Use a straw to drink, avoid large amount of fluid touching the lip
* Before toothbrushing, please apply Vaseline on the lip and remove at the end of the brushing
* Do not splash-wash your face
* From the second day, cleanse (dab) your lips with a damp cotton pad gently TWICE a day with COLD boiled water for 7 days. However, remember you cannot wash/wet them: only gentle DABBING is required.
* Avoid spicy food and smoking
* Keep lips clean, keep hair away from lips, do not pick or peel scabs, lips have to heal, and peel off naturally
* Some amount of itching is normal and is part of the healing process
* Avoid kissing for 3 days after your treatment
* FOR NEXT 3 WEEKS avoid swimming pools, sauna, and sun-beds
* Touch-up should be done 2-3 months after initial treatment, which is an additional cost
* A minimum of 1 touch-up session is always required, as permanent makeup is a 2-step process

# HEALING PROCESS

Due to the regenerative nature of the skin, results will look different in their healed state than they do immediately after the treatment.

## STAGE ONE - CLOTTING (COAGULATION)

Permanent cosmetics treatment breaks the protective layer of the skin. The body recognises this and immediately starts a four-stage skin repair process.

The first stage is called coagulation, where platelets in the blood stop the bleeding process and gather to form a clot. As the clots dehydrate, they form a crust or scab over the wound. The treatment aftercare instructions states how imperative it is not pick off the scab. Not only do scabs protect the wound site as it is healing, they also help with pigment retention. If a scab is pulled off before it is fully healed, it will remove pigment with it.

Scabbing is more obvious in the lip area - but it is still important not to be tempted to remove this protective layer.

It is the combination of clotting and scabbing that makes treatment results look darker than the final healed result.

## STAGE TWO - INFLAMMATION

Inflammation (swelling) is the second stage of the healing process, when the treated area is flooded with lymph fluid containing infection-fighting white blood cells. During the inflammation stage, the treatment area can be sensitive, sore, swollen and red, much like a bee sting or a mosquito bite. These symptoms are quite normal and an inevitable consequence of

this phase of skin healing, Sometimes, areas such as the lips and upper eyelids can swell slightly within minutes of starting a treatment. However, often not exhibit any swelling until a few hours after the treatment. This stage can last up to four days after treatment.

## STAGE THREE - RECONSTRUCTION

This is the stage in which new skin, blood vessels and collagen are reforming in the skin. It typically occurs around two to three weeks after the treatment. During this stage, the wound can still appear slightly inflamed (red) due to the high levels of oxygen and nutrients in the new cells. As the skin is reconstructed, the levels of oxygen and blood subside to normal levels and the area returns to its normal skin colour. At this stage, about two thirds of the original skin is restored. This is an important stage as the pigment colour may appear to lighten significantly. This is because the newly formed skin is slightly opaque and shiny, causing light to reflect off of the surface and the underlying pigment.

## STAGE FOUR - MATURATION

In the final stage of the healing process, the skin tissue starts to rebuild and once more forms a fully protective barrier. Even though the skin may appear healed on the surface, it typically takes around four to six weeks for the skin and underlying tissue to return to its natural state.

No treatment can be done until after the 4 weeks.

Working on skin that is not fully healed, it will overwork the tissue, which could result in scarring.

# FACTORS THAT ARE EFFECTING THE PIGMENT RETENTION

Lip Blush is a multi-treatment process, for this reason, it may require more than one treatment to achieve the desired shape and colour.

## This depends on several factors:

* Skin characteristics (dry, oily, thin, thick skin, sun-damage skin)
* The PH balance of the skin
* Lymphatic system
* UV exposure
* Natural cell renewal
* Poor aftercare
* Diet
* Smoking
* Medication

If you have any question, please do not hesitate to be in contact.

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