

## OTHER THINGS TO KNOW

### **ADDITIONAL INSTRUCTIONS FOR LIPS**

- Ice your lips every 30 minutes on the day of the procedure to prevent bruising & swelling.
- Avoid for 1 day: toothpaste and hot foods.
- Avoid for 3 days: teeth whiteners, spicy food/drinks, lemon, salt, and vinegar. Use a straw for the following: coffee, wine, and any drinks that will stain.

### **ADDITIONAL INSTRUCTIONS FOR EYELINER**

- Ice your eyes every 30 minutes on the day of the procedure to prevent bruising & swelling.
- For 2 weeks: No eyelash tinting, perming, or extensions.

