



(LIP BLUSH PROCEDURE) PRE-CARE INSTRUCTIONS:

Preparing for your Lip Blushing Procedure:

To ensure the best results and a smooth procedure, please follow these pre-care instructions carefully:

1. Avoid Alcohol:

- Refrain from consuming alcohol, especially red wine, 1-3 days before your appointment.

2. Cold Sores or Herpes:

- If you have ever had a cold sore or herpes outbreak, even as a child, you must begin taking Valtrex one week prior to the procedure. This is crucial to prevent any potential outbreak during the healing process.

3. Exfoliate Your Lips:

- Two days before your procedure, start exfoliating your lips twice a day with a gentle sugar scrub or a dry toothbrush. This will help remove dead skin cells and create a smooth canvas for the pigment.

4. Hydrate Your Lips:

- Start applying Aquaphor lip balm daily to keep your lips hydrated. Hydrated lips ensure better pigment absorption and a smoother healing process.

5. Stay Hydrated:

- Drink plenty of water daily. Healthy, hydrated skin heals better and holds the pigment more effectively.



(LIP BLUSH PROCEDURE) PRE-CARE INSTRUCTIONS:

6. Avoid Sun Exposure:

- Minimize sun exposure to your lips before the procedure. Sunburnt or irritated lips can affect the outcome of the treatment.

7. Avoid Blood-Thinning Medications:

- If possible, avoid taking blood-thinning medications such as aspirin, ibuprofen, or fish oil supplements for at least one week before the procedure. These medications can increase the risk of bleeding and bruising.

8. Avoid Smoking:

- If you smoke, try to refrain from smoking for at least 24 hours before your appointment. Smoking can affect the healing process and the retention of pigment.

9. Avoid Intense Physical Activity:

- Avoid engaging in intense physical activities or workouts on the day of your procedure. Excessive sweating can interfere with the healing process and may cause the pigment to fade prematurely.

Following these pre-care instructions will help ensure you have the best possible experience and results with your Lip Blushing procedure.