



## **(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.



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### **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.**