

LIP TATTOO PRE & POST CARE INSTRUCTIONS

READ THOROUGHLY! It is essential that you follow these instructions after your Lip Tattoo Session.

As a necessary precaution, we require ALL of our Be Browed Etcetera clients to take an anti-viral medication before receiving a lip tattoo. Examples of antiviral medications: Zovirax, Famvir or Valtrex. There are absolutely NO exceptions to this rule! This rule holds true for each and every time you have any lip tattoo. You will need to contact your physician or dentist in order to obtain your prescription strength anti-viral medication. You must inform them of your decision to have permanent cosmetics applied to your lips and they will need to call your prescription in for you to pick up at your pharmacy.

Failure to follow aftercare instructions may result in loss of discoloration of pigment.

PRE-CARE FOR LIPS:

- Begin your Anti-Viral medication 2 days prior to procedure.
- Do not work out 48 hours before procedure.
- **NO** alcohol, caffeine or stimulants 48 hours before procedure (Yes, there is caffeine in decaf coffee and tea!).
- Avoid sun and tanning one week prior to procedure.
- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen **48 hours** before procedure.
- **Avoid** Fish Oil, Primrose Oil, Prenatal Vitamins, Nutritional Shakes (Shakeology, etc), "Hair, Skin, Nail" supplements for a minimum of 48 hours prior to procedure.
- **Discontinue** Retin-A, and Alpha Hydroxy Acid (AHA) at least 6 weeks prior.
- Must wait a minimum 6 months after lip fillers and 6 weeks after touch-up. It is possible to have poor color retention in lips that have had injections within 6-12.
- Wait six months after the lip implant and get written clearance from your surgeon.

Please Note: *You will be more sensitive during your menstrual cycle.*

POST CARE FOR LIPS :

Immediately following the procedure, lips may feel dry, chapped, tight and tender to the touch.

- Complete your antiviral medication to prevent an outbreak.
- Apply ointment on lips several times a day. This should be done for at least 10 days post treatment. Do not allow lips to become dry. This may interfere with healed color. During the day if lips feel dry, apply a light layer of ointment. Make sure to dab/press onto skin, do not rub it in.
- Itching is normal, **DO NOT PICK!**
- No soaps, cleansing creams, or chemicals on lips. Wash your face carefully avoiding the lip area for **10 days**.
- Avoid moisture to the lips such as hot soups and hot coffee for **10 days**. Drink everything through a straw until lips completely peel.
- **DO NOT** stretch the lips. Avoid biting into large sandwiches, etc. Cut food into tiny bites.
- **DO NOT** bite into greasy, oily, salty or spicy foods, rather cut them up and place them into your mouth.
- While eating, do not constantly wipe your lips with a napkin or keep licking your lips at this will impede the healing process. **DO NOT PICK** dry healing tissue or you **WILL** remove the pigment color!
- Avoid water on the new pigmented areas as much as possible, the first 7 days. (when showering, washing



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face, etc. have ointment on the pigmented area to protect lips from water). Do not stand in front of shower head when showering.

- Avoid underwater swimming and batching for a minimum of 4 weeks to avoid bacterial infection.
- Before brushing your teeth, seal lips with ointment first. Put cotton balls in gum areas so toothbrush will not rub against the lips. No whitening toothpaste (during the healing process). Use a small amount of toothpaste. Take a straw with you to the bathroom to retrieve water to swish with. Do not bleach/whiten your teeth while your lips are healing (about 2 weeks).
- You may apply an ice pack (which must be protected with a wet barrier film of paper towel, towel or cloth) for 10-minute intervals for the first 48 hours. Ice may be applied every hour or so, if desired. Do not put ice directly on the area.
- **DO NOT** expose the lips to direct sunlight or tanning beds for 4 weeks. This is new skin and will sunburn easily and direct sun prematurely may also cause scarring and alter pigment color.
- You may wear lipstick, lip gloss, and chapstick **after 10 days**, make sure the tube of lip product is **new**.
- Sleeping slightly elevated will help prevent swelling. It's recommended to sleep on your back on a satin pillowcase. If the pillowcase is not satin, you may also wrap your pillowcase at night and replace with a fresh wrap in the morning. This keeps pigment from sticking to the pillowcase at night.
- **NO** smoking while lips are healing (10 days minimum).
- **NO** kissing, rubbing or friction on your newly tattooed lips until after 10 days or you may lose pigment.
- Lips may be dry for 3 to 6 months depending on the body reaction.

Please be aware that if you touch any tattooed areas with dirty hands you can potentially cause infection. If you notice any signs of infection please contact your doctor immediately.

For Increased Longevity & Quality Preservation:

- Avoid exposing permanent cosmetic color to the following:
- Scrubs
- Chlorine Peels
- Chemical Peels
- Use any Retin-A or Glycolic Acid
- Direct Sun Exposure

The above Pre and Post-Care for lips will affect how quickly or slowly you heal. Mature age, poor diet, stress, smoking, excessive alcohol consumption, age, general health, sleep/fatigue. The more fatigued you are the lower your immune system is and infection is more likely to occur. Please get plenty of rest and drink lots of water to hydrate prior to procedure.

If you have any additional questions or concerns, please text 216-200-8071 or email bebrowedetc@gmail.com.