

Lip Blush

Pre- Procedure Advice

In order to prepare for the treatment, avoid taking the following medicines, substances and vitamins since they cause your blood to thin:

Aspirin, Ibuprofen, Alcoholic beverages, Caffeine (coffee and tea), Fish oil, Niacin, Vitamin E, Retinol-based products

In order for the treatment to give neat, natural-looking and even results, your lips should be in great condition. They shouldn't be sunburnt, chapped, or overly dry. **Exfoliated, moisturised lips absorb and retain pigments better** and will make the procedure much shorter.

On the day of the procedure, avoid caffeine, alcohol, aspirin, ibuprofen, fish oil, niacin, vitamin E, and spicy foods, as they can make your lips sensitive. Avoid applying retinol-based products.

***Cold sore suffers IMPORTANT** - It is also vital to take anti-viral medication before your procedure if you have ever had a cold sore. They can appear due to the needles treatment and negatively affect the healing process. For best protection from an outbreak, apply cream for 5 days prior to treatment and continue until healed.*



Important Aftercare Advice

- **Do not wear makeup in the area for at least a week.** This is because the pigments are still settling into the shallow incisions in your skin.
- After the procedure, your lips may appear swollen for a few hours. This usually settles within 30mins - 24 hours.
- **Do not allow your lips to dry out.** Apply the A&D cream several times a day.
- Avoid wine, curry and spicy food during the healing stage. Any food which may stain. Avoid acidic food while the tattoo is still fresh as this may cause discomfort. If you can, drink through a straw to avoid contamination of the area.
- **Do not immerse area in water for 14 days.** Try not to lick your lips excessively. When showering, make sure to avoid face area. When cleaning or washing face, make sure to avoid lip area. Do not use creams with AHA or any exfoliants.
- Avoid saunas, swimming, and excessive sweating until the area is completely healed and you have a follow-up appointment. **Keep out of the sun** as your newly tattooed lip can get burnt easily. When healed, apply factor 40 SPF when outdoors to help maintain colour.
- Avoid alcohol and aspirin/ibuprofen and any vitamins that may thin your blood for 24 hours. You may take paracetamol or antihistamine if needed.
- The area will feel slightly itchy as it heals and will start to lightly flake over. Try not to touch nor rub your lips. **Do not peel or pick at the flakes as this will affect the outcome and pigmentation.** Allow the flakes to fall off naturally. Only when all flakes have fallen off and area is healed may you then apply make -up.

Healing Advice

Please feel free to send me a picture of your lips if you are at all concerned.

I am always here to help. Message/Whatapp/email etc

07539 553385, dermadesign@outlook.com

Day 1 - Lips will look swollen. The swelling will go down, usually 30mins to a few hours.

Day 2-4 - Light scabs may form or they might just flake. They may feel a little dry and sore. The colour is brighter and you should expect it to fade in the next few days.

Day 3-5 - The scabs start to come off or flake. The flaking usually disappears in one day.

DO NOT PICK OR PULL. Apply A & D cream several times a day.

Day 6- 8 - After one week, it might seem that there is absolutely no pigment left. This is normal during the healing stage. The colour needs to stabilise in the skin and it usually comes back during the third or fourth week.

Day 21 - 42 - The colour has returned, and the shape looks great. You have lost a bit here and there or want them brighter and that is why you may need a top up.

Top up, should you want it, must take place **after 6 weeks**. At that point, your skin has healed, and I can see the true colour. I do not top up prior to that time as it may cause scarring. Your skin is always my priority.

We are all unique, we all feel pain differently and we all heal differently, so this is just a guide. Please follow your aftercare for the best results. The better your skin, the better your results.

Please keep in touch.

Kate xx