

LIP BLUSH PRE-CARE INSTRUCTIONS

To ensure the best results from your lip blush treatment, please follow these guidelines:

- Avoid alcohol, caffeine, and blood-thinning medications (like aspirin or ibuprofen) for 24 hours before your appointment.
- Do not have any lip filler treatments for at least 4 weeks before or after your lip blush session.
- If you are prone to cold sores, you must take an antiviral medication (such as Aciclovir) 2–3 days before and after your appointment to prevent an outbreak.
- Stay well hydrated and gently exfoliate your lips 2–3 days before your treatment using a lip scrub or a soft toothbrush.
- Avoid intense sun exposure or tanning for at least 1 week before your appointment.
- Please arrive with clean lips and no makeup on the day of your appointment.

LIP BLUSH AFTERCARE INSTRUCTIONS

Proper aftercare is essential for beautiful, long-lasting results:

- Gently blot your lips with a damp cotton pad every 30 minutes for the first few hours to remove lymph and prevent scabbing.
- Apply a thin layer of the provided healing balm regularly for the first 7 days. Keep your lips moisturised at all times.
- Do not pick, peel, or scratch the healing skin – this can cause scarring or patchy pigment.
- Avoid spicy foods, hot drinks, kissing, and excessive lip movement for the first 48 hours.
- Avoid swimming, saunas, steam rooms, and heavy exercise for 7–10 days.
- Do not apply makeup or skincare products directly to your lips until fully healed.
- The colour will fade and soften during healing – a touch-up may be needed after 6–8 weeks to perfect the result.

Following these lip blush pre-care and aftercare steps will help ensure your lips heal beautifully and retain pigment more evenly.