**Lips PMU After Care**

1. (Day of the procedure) -​It is very important to remove the lymph from the surface of the skin in order to avoid heavy scabbing. Right after the procedure clean the lips with damp cotton (clean bottled water) every 30 min until bedtime. Before sleep if the lips still have some dry lymph then wash with lukewarm water gently removing the dry lymph, pat dry, and apply Aquaphor Healing Ointment or Grapeseed Oil -Sometimes the lips can bruise even after the procedure, do not worry, the bruising will go away within a couple hours after the procedure.

2. The lips may be swollen the second day as well. Please do not ice the lips. Always keep the skin moist, and do not let the lips get to be dry.

3. Days 2-7: Morning and night gently wash with lukewarm water, pat dry, and apply Aquaphor Healing Ointment or Grapeseed Oil Keep applying the Ointment as needed, (means as soon as the lips start feeling dry apply the Ointment). During Day 1 to Day 7 or even longer​( until the scabs are gone) AVOID​ water( for the PMU area) , makeup , excessive sweating , no sauna, no pools, no sunbathing, do not PEEL the scabs at all( you may cause scarring if otherwise ) Do not apply anything besides Aquaphor ointment or Grapeseed oil such as Vaseline, antibiotic creams, Neosporin etc. During 4 weeks after the procedure is best to not use creams that contain acids or ingredients that will lighten or exfoliate the skin. The touch up is best to be done 8 weeks later and allow extra time for clients that heal longer, also give extra healing time for mature clients as well.