

# JULIA TEOTONIO

L I P                      B L U S H I N G

## PRECAUTIONS FOR YOUR LIPS:

\* **VERY IMPORTANT** If you ever had a cold sore, you **MUST** get your Doctor to prescribe you an antiviral medication such as Valtrex or Zovirax (because tattooing causes trauma to the lip, you will most likely get a really bad outbreak if you have the virus anywhere in your body).

\***NOTE\*** This reaction can be quite severe if the proper precautions are not taken! I would **NOT RISK** not getting a prescription if you even suspect you have ever had a cold sore in the past.

\* Take the medication 5 days before your booked appointment, day of, and 5 days after. Keep in mind you will return for your touch up about 8 weeks after your initial appointment and will be required to take the medicine and repeat.

\* If you **DO NOT** have had a cold sore outbreak, it is still wise to take L-Lysine leading up to your appointment. (L-lysine is a natural amino acid that helps boost immunity and shortens healing time) You can find it at any natural supplement store or Amazon.

\***NOTE\*** If your appointment is booked during an outbreak of cold sores on your lips the procedure may not be done.

## APPOINTMENT PREP:

\* The appointment is about 3.5 to 4 hours, so schedule your day so you don't feel rushed and we can take our time perfecting your lips

\* I would recommend brushing your teeth just before the appointment, because you should avoid it for 72 hours afterwards.

\* Make sure you have prepped properly and have been taking Valtrex or Zovirax 5 days before (if you are prone to breaking out in cold sores)

\* Lightly exfoliate lips a few days before service with a light sugar scrub.

\* **DO NOT** consume caffeine and alcohol for 24 hours prior to your appointment to prevent excessive pain and bleeding.

\* **DO NOT TAKE ADVIL** or other blood thinners such as Aspirin, Niacin, Vitamin E and/or Ibuprofen unless medically necessary, 48-72 hrs prior to your procedure. Extra strength Tylenol can be taken if you have low pain tolerance.

\* Avoid exercising the day of the procedure.

\* Do not take or get any Chemical Peels, Laser skin resurfacing, Retinols, at least 4 weeks before your appointment.

\* Arrange your schedule accordingly for the healing stage. There is downtime for every procedure.

\* Do not get lip injections 4 weeks before and after this treatment

\* Do not tan or have a sunburnt face

\* **PLEASE NOTE** that you will be more sensitive during your menstrual cycle

## AFTERCARE INSTRUCTIONS

- \* Lips will be tender at first after the procedure.
- \* Drink only through a straw. (first 48 hrs)
- \* Choose to only eat foods you can place in your mouth with a fork without touching the lips
- \* Skin will start forming a protective scab. You may see fluid ooze on the skin from lymph secretion (also know as PLASMA). Its important to dab off with a sterile gauze pad gently. If not, it can crust over the skin and prevent it from breathing and healing.
- \* Do not eat spicy foods or hot liquids for 48 hours after your procedure.
- \* NO SMOKING ( this ones a tough one for any smoker, but nicotine patch it if u have to for at least 2 days)

**\*NOTE\* It's a good idea NOT to eat oily foods, salty foods, acidic foods or alcohol while healing.**

- \* Do not get toothpaste on your lips. It's a good idea to brush your teeth with just water for 72 hrs post-treatment.
- \* Do not bleach your teeth until your lips are healed.
- \* Do not excessively stretch lips while they are healing with big smiles or pucker lips with smoking. (Those motions push and pull against the lip edges, applying tension and friction between the strong normal skin surrounding the mouth and the broken inflamed lip edges.)
- \* Clean the treated area daily with mild warm water and non-alcohol soap. (Dove or Dial)
- \* Apply soapy solution on a sterile gauze and BLOT 4 to 5 times to clean. BLOT COMPLETELY DRY. (Use patting motions only. No Scrubbing. No rubbing. No wiping. No scratching).
- \* Moisturize, Moisturize, Moisturize!!!! (every 30 minutes if need be)
- \* MOISTURIZE WITH OINTMENT GIVEN ONLY! (ususally A&D Oil or Aquaphor) Do not use Vaseline, or any lip balms (Natural or not) or any other lip products during this time on your lips. Could cause unnecessary irritation.

**\*NOTE\* Make sure the area is completely dry because germs love moisture! Then apply Ointment**

- \* AVOID touching any tattooed area with your hands. Apply all recommended products with Q-tips ONLY. If the area must be touched with hands, make sure you thoroughly wash your hands before and after touching the tattooed area.
- \* Refrain from swimming or submerging the area in water for long periods of time for the first 2 weeks of healing.
- \* Keep out of the sun for 14 days after you get your tattoo.
- \* Day 3-4: When the scab starts to appear, do not wipe- only dab until dry; you must be gentle! Do not pull off the scabs prematurely.
- \* Week 2 or 3: After the procedure is completely healed, you may go back to your regular cleansing and makeup routine. Avoid scrubbing the area. Use sun block AFTER THE PROCEDURE AREA IS HEALED to protect from sun fading.

DO NOT: Scrub, rub, or pick at any of the crust that forms. Allow it to flake off by itself. If it is removed before it is ready, the pigment underneath it can be pulled out.