

Permanent Lips Post-Care Instructions

- Expect treated areas to be tender for the next few days. The procedure area may be swollen or have a discharge of interstitial fluid and blood for at least 12 hours post procedure. Gently dab off excess interstitial fluid from the procedure area with a clean tissue and distilled water or bottled water. Remember that you should wipe off the interstitial fluid to avoid getting a thick crust.
- The procedure area will be much darker for 1-7 days post procedure. The true color will not be visible for 4 weeks post procedure and for each color refresher.
- Tissue heals at different levels and duration. Some people heal within 7 days for the outer layer and up to 4 weeks for the inner layer.
- Keep lips moisturized post procedure using Aquaphor, Lip Balm, Grapeseed oil, or After-Inked ointment.
- Avoid eating spicy food and drinking directly from the cup (use a straw).
- Be very careful when brushing your teeth and try to avoid getting toothpaste on your lips.
- Do not lick your lips as it will cause the pigments to fall off.
- Do not peek at the pigments scabbing off as it will cause scarring.
- Do not touch the healing pigmented area with your fingers. Touching the treated area with your fingers, unclean cotton swabs, old products or other, may result in infection. If you need to touch the area, use a clean cotton swab.
- No sauna, jacuzzi, steam, exercise hot yoga, swimming in chlorine pools or in the ocean till the area is completely healed after initial procedure or color refreshers.
- Do not expose your face to the sun until the procedure area has healed. Do not wear makeup on the treated area until it has healed. You might cause an infection or otherwise damage the permanent makeup.
- If you are a blood donor, you may NOT give blood for 1 year following your permanent makeup application according to Red Cross.
- If you resume the Retin-A, Retinol, or Retinoids after the 30 days, the continued use will fade your permanent makeup prematurely.
- DO NOT USE any lightening and peeling products that contain AHA's, Vitamin A, Retinol A, Glycolic/Lactic Acids on the treated area; it will fade your tattoo/permanent makeup prematurely.
- If you are out in the sun a lot, have oily skin, using Retinol products, chemical peels, then you will need color refreshers more often.

- History of cold sores need to use an anti-viral medications **1000mg L-lysine or (Zovirax, Valtrex, Acyclovir)** 5 days prior and 5 days post lip procedure to minimize the risk of an outbreak. Treatment cannot be performed if there is an active outbreak.

Permanent Lips Day-to-Day Instructions

DAY 1: It is very important to remove the interstitial fluid from the surface of the skin in order to avoid heavy scabbing. Right after the procedure clean the lips with (sterile water or distilled water) every hour throughout the day. Gently apply Aquaphor, Grapeseed oil or After-inked ointment before bed.

Lips can bruise or be swollen after the procedure. Do not worry as the bruising and swelling will go away within hours.

DAY 2: The lips may be swollen the second day as well. Do not ice the lips and keep the lips moist at all times. Do not let the lips be dry.

DAY 3-7: Keep applying the ointment as needed. During the first week or even longer for some, there will be scabbing and pigments will slowly peel off (DO NOT PEEK AT IT). Inner layer of your skin can take 4 weeks to heal and even longer for some.

NOTE: After the outer layer has fully healed and scabs have all peeled off, lips will be 40-60% lighter. Do not use creams that contain acids or ingredients that will lighten or exfoliate the skin.

TOUCH-UP: Recommended between 8-12 weeks so the true color will settle and minor touch-ups can be done. Touch-up is not required if you are satisfied with the shade.