



# Lip Blush Pre Care

## 12 months from appointment

Take your last Roaccutane, Retina, AHA, Glycolic, Doxycyclineskin or other similar medications.

## 6 weeks from appointment

Avoid skincare with active ingredients and exfoliants.

Avoid any facial treatments to and around the area.

Refrain from getting burns on the area (sun, wind and chemical).

Last wax before appointment.

Do not receive any cosmetic injectable treatments on or around the lips (Botox and filler).

## 2 weeks from appointment

See Doctor in regards to preventative treatment for cold sores.

Start hydrating the lips, using paw paw daily and using a lip exfoliant to remove dry skin.

Dry lips can NOT be tattooed.

## 7 days from appointment

Stop taking gym pre work out.

Stop taking fish oil and blood thinners BUT ONLY IF cleared by doctor to do so.

## 48 hours from appointment

Do not consume any alcohol or caffeine.

## 24 hours from appointment

Start taking Arnica oral pills if you are a heavy bleeder/bruise easily BUT ONLY IF you have been cleared by your doctor to do so.

## On the day

Gently exfoliate and moisturise your lips in the morning.

Arrive with clean, makeup-up free lips.

Eat a light meal before your appointment.

Bring a drink bottle with a straw.

**Any concerns or queries in the lead up to your appointment  
please don't hesitate to get in touch.**



# Lip Blush Healing

**There are 2 stages to the healing. The initial healing which is in the first 7 - 10 days and long term healing which takes up to 6 weeks.**

## **On the day of your appointment**

Your lips may be slightly swollen, red with minimal discomfort. Majority of people can carry on their day as usual. The lips may weep a clear/yellow lymph fluid, this is normal. The pigment colour can look bright and warm, this is also normal and the colour will cool down and soften during the long term healing.

## **First 7 - 10 days**

The tattoo will appear bolder and the lips will begin to flake. This is totally normal and please don't panic. The lips fade around 50% in colour. Around day 5 the flakes will start to shed. It will come off in patches. Please do not pick or pull them off as it can disrupt the healing process and final outcome. When the scab falls off, the tattoo underneath will look much lighter compared to the shedding, sometimes even look like there is no pigment at all. This is normal also. During this time you will go through a wave of emotions. One day you'll love your lips, the next you'll think to yourself, what have I done?! This is TOTALLY normal, I went through the same motions when I got my tattoos done, and I knew what I was in for! It is a big change to your face, and while they are healing they can look so different and change day to day. Try and remind yourself it is part of the process and the true result will not be visible till the 6 - 8 week mark.

## **6 - 8 weeks after initial appointment**

Once all the scabbing has fallen off, usually between day 5 - 10, the pigment can look like it has disappeared or a lot lighter than expected. This is totally normal. Over the next 6 - 8 weeks the pigment colour will start to darken as it resurfaces. The true colour will be visible by week 6. Any changes or concerns can not be addressed until the 6 week mark. You only need a perfection visit at the 8 week mark if there are patches of pigment that did not resurface or the colour is too light. If you are unsure if you need a perfection visit at the 6 week mark, you are more than welcome to get in touch.

**If you have any issues or concerns that are not mentioned above  
please do not hesitate to get in touch.**



# Lip Blush Post Care

## On the day of your appointment

Your lips may ooze a clear/yellow lymph fluid. This is totally normal. Blot the lips gently with a clean tissue every 30 - 60 minutes or when needed. There should be minimal discomfort after your tattoo, although a small percentage of people may get bruising and/or swelling. They may also feel a bit tingly and stingy. This will subside.

## Days 1 - 10

- Apply lip cream provided every few hours or whenever lips feel dry or tight with a clean cotton bud to keep the lips moist and prevent over flaking. Only apply a thin layer so not to suffocate the skin, a pea sized amount should suffice. If you run out of the balm provided, use pawpaw.
- Gently cleanse the lips with lukewarm water, morning and night, with the wipes provided/a clean flannel.
- Avoid letting the lips dry out or scab heavily, to prevent over flaking and alter healing.

## For 30 days after your appointment

Do not use any cosmetics with Retinol acids, Salicylic or AHAs on the area.

Do not get any facial treatments.

## For 6 weeks after your appointment

Do not go into high exposure UV.

## DO'S

- Use a clean pillowcase and avoid sleeping face-down.
- Drink through a straw to avoid moisture contact.
- Eat carefully - avoid spicy, acidic and hot foods touching the lips.
- Try to avoid foods that require you to open your mouth wide e.g. burgers.
- Keep lips moisturised at ALL times.

## DON'TS

- Do not pick, scratch or rub any flaking or peeling skin.
- Don't apply any lipstick or lip gloss or any makeup until fully healed (14 days)
- Avoid kissing, swimming, saunas, steam rooms or excessive sweating and exercise,
- No exfoliants, peels or active skincare for at least 2 weeks.

## Long term post care in between touch ups

Once lips are fully healed after your initial appt, or perfection visit if you needed one, you should do the following to help with the longevity of your tattoo.

- Apply sunscreen lip balm onto your tattoos daily.
- Refrain from putting skincare with active ingredients and exfoliants onto your tattoo.
- Keep in mind that any change to your medical history, medications or supplements can alter how the tattoo fades.

If you suffer from a cold sore flare up during your healing, you will need to talk to your doctor and then inform me.

**Any concerns or queries please don't hesitate to get in touch.**