



Post Treatment Information

Following your aftercare is vital to achieve the best results. Please review the following instructions and refer to them as necessary. If during the healing process you have any questions or concerns do not hesitate to contact me.

You may experience the following symptoms for 4 days:

- Swelling and redness
- Tenderness
- Dry flaking skin as the lips heal
- Dry skin that may remain for 3 weeks
- These symptoms are a normal part of the healing process - **DO NOT ITCH, PICK OR TOUCH** as you will heal unevenly and risk infection from bacteria

For the first 2 days:

- Cold packs can be applied to the lips to reduce swelling and help with sensitivity
- Lightly pat the lips with damp cotton wool if any lymph (looks like water droplets) arise from the surface

Daily care to follow for 1 week:

- Apply a healing balm regularly using a cotton bud, use a new bud each time to prevent cross contamination
- Avoid getting the lips wet and submerged in water for 1 week, if the lips get wet then dab with dry tissue and re apply the balm
- Keep your hair away from your enhancement to prevent the possibility of infection
- Some itching is normal. **DO NOT PICK, PEEL OR RUB** your enhancement as the colour may heal unevenly. Allow the colour to flake away by itself
- Do not receive skincare beauty treatments for 5 days after the application of your enhancement
- No make-up should be applied close to the lips for 1 week after your treatment. Facial makeup is fine to apply just nothing directly on your lips; be careful when removing foundation and cleansing not to touch your lips.
- No kissing for 5 days to prevent infection
- Avoid eating salty and spicy foods for 5 days



Avoid for 2 weeks:

- Do not expose your enhancement to direct sun, tanning treatments, Jacuzzis, saunas, salt water, chlorinated pools and direct shower spray
- Do not receive eyebrow tinting, waxing, electrolysis or laser hair removal treatments close to the lip region
- Do not use lip plump products
- Do not receive lip filler or any injections in the lips
- Important notes - If you suffer with cold sores at present or any time in the past, use an anti herpes medication Zovirax, 5 times a day for a 1 week period. Acyclovir tablets can also be used a few days before and during healing to prevent an outbreak. If an outbreak does occur its usually on the 3rd day of healing. Remember, your selected colour will be stronger and more sharply defined immediately after your treatment.

What to expect:

- Day 1-2 the colour will appear darker
- Around day 2-5 they may get itchy and flakes of colour may come away from the skin, this will come off in patches and is completely normal
- Once the flakes are all off the pigment may appear light in colour - the chosen pigment will blossom during the 4 week healing
- Around 2 weeks the true colour will be visible and the external skin has healed
- At 4 weeks the internal skin has healed
- Keep in mind that in many cases, some unevenness of colour is to be expected. This is the purpose of the control visit allowing us to fine tune your enhancement

Long term care:

- Use a good sunscreen. Sun exposure will fade your micro-pigmentation enhancement
- If you are planning a chemical peel, laser procedure or an MRI scan, please inform the technician of your micro-pigmentation enhancement
- Please inform the National Blood Service if you donate blood, as you may not be eligible to give blood for 4 months post application



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