

Before and After Care Instructions

The success of your procedure depends on your care

Lip Procedure

A month before procedure:

- It is preferred to do a color patch test to determine the best choice of lip color. A color patch test is simply 4-6 tiny dots of color implanted in the corners of the mouth. When allowed to heal, the implanted colored test dots show the true color beneath the skin and look completely different than when first implanted.

A few days BEFORE procedure:

- Drink 8 – 8oz glasses of water a day and avoid salty foods. Limit alcoholic beverages.
- If you have ever had a cold sore, consult your physician for an antiviral prescription. Also, check with your health food store personnel for L-Lysine and dosage. These remedies help reduce the outbreak of cold sores.
- Lip procedures should not be done when suffering from a cold sore. If a cold sore develops, please call to reschedule your procedure.

Day of procedure:

- After arriving, you may take over the counter pain reliever or prescribed pain reliever, but no aspirin.
- No caffeine 2 hours before procedure.
- Please arrange for transportation if you do not think you will be comfortable driving after procedure.

Immediately AFTER procedure:

- Lips will swell from mild to excessive and may be tender. This is partially due to anesthetic.
- They may weep for the first day but continue to wash and do not let them get crusty. **They will get very dry.**
- Lips may appear very off color and considerably darker until the initial healing and peeling of the surface layer which usually takes 4-6 days. They will still be slightly off color, spotty and light in patches for approx 3-4 weeks.

For the next 4-6 days:

- LIPS WILL FEEL VERY DRY AND EXTREMELY CHAPPED FOR 4-6 DAYS UNTIL THEY START TO PEEL.
- Wash morning and evening the first day with an antibacterial soap. You may use plain water the following days.
- Pat dry, wait 10 minutes then apply ointment **lightly** with a Q-tip 2-3 times daily. Do not use hydrogen peroxide. ***CAUTION; Too much ointment does not allow the skin to breathe, thus prolonging the healing process.***
- If flaking, peeling or crusting appears, DO NOT PICK, PEEL OR SCRATCH! It may cause color to heal unevenly. Simply rewash, dry and apply ointment lightly with a clean Q-tip.
- To reduce swelling, ice for 15 min/hour, avoid salty foods, drink lots of water and sleep with head elevated.
- Consider continuing the L-Lysine and the physician prescribed antiviral medication to reduce a cold sore outbreak.

DO NOT lay in the sun or use tanning beds. Use a waterproof **sunblock 25 SPF** when lips are completely healed.

DO NOT swim, use sauna or jacuzzi, or take steaming hot showers.

DO NOT use any make-up on lips. Do not wipe lips with a napkin. Use a straw when drinking hot liquids.

DO NOT have any laser procedure performed on or near tattooed lips.

PLEASE CONTACT ME IF ANYTHING SEEMS OUT OF THE ORDINARY IN YOUR POST CARE FROM WHAT HAS BEEN DESCRIBED HERE.

❖ Cosmetic and Medical tattooing is not an exact science. Colors may not match perfectly or appear exactly as expected. Over the months and years following the procedure, softening, fading or change of color of the pigment may occur. I understand 1 touch-up is available within 6 months at no cost. There will be an additional fee of \$250.0 for touch-up work after 6 months.

It has been explained to me and I understand the above.

Signature: _____ Date: _____.

