

Permanent Makeup

Lip Blush Precare Instructions

PRECARE INSTRUCTIONS

To ensure the best results and minimize sensitivity, follow these steps before your appointment:

COLD SORES

- If you've had cold sores, contact your doctor for antiviral medication to use before and after the procedure to prevent outbreaks.

SKIN HEALTH

- Ensure lips are not chapped, peeling, or cracked.

MEDICATIONS & PRODUCTS

- Stop Accutane 1 year before.
- Avoid retinol or AHA products for 30 days before.
- Avoid blood-thinning medications (unless medically necessary) for 72 hours before— consult your doctor.

TREATMENTS

- No facials, microdermabrasion, microneedling, peels, laser treatments 4 weeks prior.
- Wait 4-6 weeks after lip fillers.

LIFESTYLE

- Avoid sun exposure or tanning beds for 2 weeks before.
- Avoid alcohol 24 hours before.
- Stay hydrated and get plenty of rest.
- Avoid heavy exercise on the procedure day.

ON THE DAY OF YOUR APPOINTMENT

- Have a light meal prior to your appointment
- Avoid Intense workouts, caffeine and alcohol
- With your doctor's permission, do not take blood thinners
- Plan for your appointment to take a few hours
- If you have a history of cold sores, take Acyclovir or an equivalent antiviral medication as prescribed by your doctor before the appointment.

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Lip Blush Aftercare Instructions

WHAT TO EXPECT

- Swollen, tender, and bold like lipstick initially, shrinking to normal size in 1-2 days.
- The color will fade up to 50% in 10 days. A thin scab forms and flakes off in 3-5 days.
- Temporary symptoms (1-10 days): swelling, redness, tenderness, flaking, mild itching.
- Full healing takes 5-6 weeks for the true color to appear.

DAY 1 (Appointment Day)

- Gently wash the area with clean tissue to remove excess lymph fluid until oozing stops. This prevents crusting and keeps the area clean.

DAYS 1-5: WASH & MOISTURIZE

- Wash: Twice daily (morning and evening), gently with lukewarm water and mild, fragrance-free soap using patting motions. Avoid acid-based or exfoliating cleansers. Rinse and pat dry to prevent crusting.
- Moisturize: Apply a rice-sized amount of provided ointment 2-3 times daily with clean fingertips or Q-tip for at least 7 days. Blot excess to avoid trapping moisture/bacteria.
- Note: Let scabs flake off naturally. Picking can cause pigment loss or scarring, especially around the lip line.
- Swelling: Apply ice packs for 10 minutes hourly for the first 4-8 hours to reduce swelling. Ice is not helpful after 24 hours.
- Eating/Drinking: Avoid spicy foods and stretching your mouth very wide. Use a straw and avoid foods touching your lips

AVOID FOR 2-4 WEEKS

- Direct sun exposure or tanning beds (wear a hat or sunglasses).
- Skincare, cosmetics, or lip products, especially exfoliants or acids (30 days).
- Facials, microdermabrasion, microneedling, peels, or laser treatments (4 weeks).
- Lip fillers (4-6 weeks).
- Sleeping on your face or using dirty pillowcases (10 days).
- Heavy household cleaning with airborne debris.
- Blistex, Carmex, or Chapstick (too thick).
- Excessive alcohol (slows healing).

ADDITIONAL NOTES

- Results may appear lighter or uneven due to natural skin renewal, which is normal.
- Use new lipstick after healing is complete.
- A 6-12 week touch-up is recommended to perfect color and symmetry
- Contact us with any questions or concerns during healing.