

LIPS

BEFORE/AFTERCARE

GUIDE

In order to get a good result, it all starts with good before/aftercare. Your lips must be healthy, strong, non-sensitive, and non-irritated and not in regeneration process!

Make sure you read over instructions carefully. You want to plan ahead and maximize the most from your treatment.

4 WEEKS BEFORE: Avoid the following

- NO sun/tan
- NO botox
- NO skin peeling
- NO chemical treatments
- NO microdermabrasion
- NO solarium
- NO light therapy

2 WEEKS BEFORE:

- No vitamin c serums
- Retinoids
- Glycolic treatments

1 WEEK BEFORE:- Avoid excessive bleeding and poor colour deposit.

- NO blood thinners eg. vitamin e, aspirin, ibuprofen, fish oil
- NO tweezing/waxing/performing electrolysis
- No facials

3 DAYS BEFORE: Avoid skin irritation/allergic reactions.

NO waxing or tinting

24HRS BEFORE:- To avoid poor ink retention get your skin ready for the procedure.

- Take Femvir for 3 days, starting 24hrs before the procedure.
- Purchase antiviral cream and apply after, treatment, if you're prone to coldsores.
- * Exfoliate lips 24 hrs
- * Keep moisturised
- NO caffeine
- NO alcohol
- NO exercise

AFTERCARE

DAY 1:

- Every 5 min, wipe lymph fluid till it stops exuding
- Apply a rice grain of aftercare, keep moist
- Clean lips before bed using cotton pads and distilled water
- Apply aftercare, don't allow lips to dry out
- Purchase antiviral cream and apply after, treatment, if you're prone to coldsores.

WEEK 1: After 24hrs

- Wipe using cotton pads and tepid distilled water, mornings and nights
- Tap dry before applying aftercare, mornings and nights. A thin layer every time you feel them drying out is plenty.
- Do not exercise or sweat heavily
- Avoid soaking brows in shower, steam or sauna
- Do not pick or scratch while peeling
- No kissing
- Minimise alcohol and coffee
- Avoid sleeping on the face or 7 days. Keep your pillow case clean
- Do not apply makeup while healing
- Make sure nothing unsanitary comes in contact with your lips until completely healed

WEEK 1-2:

- Continue with aftercare products
- No vitamin c serums, retinoids, and glycolic treatments.

Week 1 - 4: Avoid

- * Avoid direct sun
- * Do not schedule botox
- * Facials
- * Invasive skin peels
- * Chemical treatments
- * Microdermabrasion
- * Solarium
- * Light therapy

70% of the healed results depends on your before /aftercare.

How to Prevent Fast Pigment Fading:

- * Do not use retinol A creams or creams with regeneration factors on the pigmented region, at any time, after treatment.
- * Swimming in chlorine and salt water regularly
- * Regular tanning/sun
- Use of antibiotics and hormonal therapy and some other medications
- * Long sun exposure

CAUTION:

- Always avoid laser treatments over the treated area (Fraxel Laser, IPL), because they can destroy the pigment and cause burns.
- MRI SCANS may also cause burns.

We highly recommend sending your images for evaluation, every year.

