

PRE CARE FOR LIP TATTOO

* PLEASE SEND 2 CLEAR PHOTOS OF YOUR LIPS TO 0426388044 TO ENSURE YOU ARE A SUITABLE CANDIDATE

Please bring your own numbing cream to appointment to make the experience easy and pain free!
We recommend 30g NUMBIT available from Chemist Warehouse or LMX4 available from South West Hospital Pharmacy. Numbing processing time is included in your appointment.

As a necessary precaution, we require ALL of our Lip Tattoo clients to take the **ORAL anti-viral medication** Valtrex 3 days prior to procedure.

If you are prone to cold sores please also commence taking **L-Lysine 1 week prior** to your procedure, available at your supermarket or health shop.

There are absolutely **NO** exceptions to this rule! It is absolutely **ESSENTIAL** that you follow this information as Lip Tattooing can trigger cold sores even for those who do not normally suffer from this at any stage during or after the procedure.

This rule holds true for each and every time you have any lip tattoo.

- Begin L-Lysine one week prior to your procedure.
- Begin your oral Anti-Viral medication 3 days prior to procedure
- Do not work out **48 hours** before procedure.
- NO alcohol, caffeine or stimulants **48 hours** before procedure.
- Drink lots of water to hydrate in the week prior to procedure.
- Avoid sun and tanning one week prior to procedure.
- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 48 hours before procedure.
- Discontinue Retin-A, and Alpha Hydroxy Acid (AHA) at least **6 weeks prior**
- Lip filler :Must wait a minimum 6 weeks after touch-up. It is possible to have poor colour retention in lips that have had injections within 6-12 months due to filler dispersing the pigment.

Please Note: You will be more sensitive during your menstrual cycle.

POST CARE FOR LIP TATTOO

Immediately following the procedure, lips may feel dry, chapped, tight and tender to the touch. Expect moderate swelling, **usually one to three days** following the procedure. Scabbing may make the lips feel thick. Lips will fade up to 50% after the first 5 days. While healing, the tattoo will look patchy. This is due to skin regeneration and healing. Two or three sessions may be required to achieve the desired results.

- Complete your antiviral medication to prevent a outbreak.
- No hot spicy or citrus drinks for next 4 hours.
- Apply ointment on lips several times a day. This should be done for at least **10 days** post treatment. Do not allow lips to become dry. This may interfere with healed colour. During the day if lips feel dry, apply a light layer of ointment. Make sure to dab/press onto skin, do not rub it in.
- Itching is normal, DO NOT PICK!

- No soaps, cleansing creams, or chemicals on lips. Wash your face carefully avoiding the lip area for **10 days**.
- Avoid moisture to the lips such as hot soups and hot coffee for **5 days**. Drink everything through a straw until lips completely peel.
- DO NOT stretch the lips. Avoid biting into large sandwiches, etc. Cut food into tiny bites.
- Do not bite into greasy, oily, salty or spicy foods, rather cut them up and place them into your mouth.
- While eating, do not constantly wipe your lips with a napkin or keep licking your lips at this will impede the healing process. DO NOT PICK dry healing tissue or you WILL remove the pigment color!
- Avoid water on the new pigmented areas as much as possible, the first **7 days**. (when showering, washing face, etc. have ointment on the pigmented area to protect lips from water). Do not stand in front of shower head when showering.
- Avoid underwater swimming for a minimum of **4 weeks** to avoid bacterial infection.
- Before brushing your teeth, seal lips with ointment first. No whitening toothpaste (during the healing process). Use a small amount of toothpaste. Take a straw with you to the bathroom to retrieve water to swish with. Do not bleach/whiten your teeth while your lips are healing (**about 2 weeks**).
- You may apply an ice pack (which must be protected with a wet barrier film of paper towelling, towel or cloth) for 10-minute intervals for the first 48 hours. Ice may be applied every hour or so, if desired. Do not put ice directly on area.
- Do not expose the lips to direct sunlight or tanning beds for **4 weeks**. This is new skin and will sunburn easily and direct sun prematurely may also cause scarring and alter pigment colour.
- You may wear lipstick, lip gloss, after **10 days**, make sure the tube of lip product is new.
- Sleeping slightly elevated will help prevent swelling. It's recommended to sleep on your back on a satin pillow case. This keeps the pigment from sticking to the pillowcase at night.
- No smoking while lips are healing (**10 days minimum**).
- No kissing, rubbing or friction on your newly tattooed lips until after **10 days** or you may lose pigment.
- Lips may be dry for 3 to 6 months depending on the body reaction.

Please be patient. Cosmetic tattooing is a multiple-step appointment process with a healing time of approximately 6 weeks in between touch up appointments.

The above Pre and Post-Care for lips will affect how quickly or slowly you heal. Mature age, poor diet, stress, smoking, excessive alcohol consumption, age, general health, sleep/fatigue may all affect the healing process.

PERFECTING SESSION

A touch up may be required to ensure your tattoo is as accurate as can be. This is usually scheduled 6 weeks after initial appointment.

YOU CANNOT DONATE BLOOD FOR 3 MONTHS FOLLOWING ANY COSMETIC TATTOO PROCEDURE