

Lips: Expectations & After Care

Pre-Op Instructions

Please plan on arriving 30 Minutes in advance for numbing process !

By following these prepare instructions , pigment will be absorbed at its best .

- 1 week prior : Make sure to take plenty of Vitamin C and Arnica Montana .
- 2 Day prior : Make sure to be using Vaseline to moisturize your lips . The softer and less dry the better. Dry/cracked lips may have harder time taking in pigment.
- 1Day prior : Exfoliate your lips with gentle exfoliation method . This could be using gentle exfoliation sold at beauty store or using Brown sugar paste with lemon juice or even gentle scrubbing lips using a toothbrush and toothpaste.
- If you are planing on getting fillers on your lips for volume and It is BEST to get it after the Lip Blush .

NOTE: If you have history of herpes of coldsore , make sure to get doctor's prescription and take the medication 2 days prior and after to the procedure . Coldsore comes back due to any stress on lip area. Do not take this lightly as it will more likely come back because you have had coldsore in your system.

Expectations

Lips are the most tender area surrounded by delicate mucous membrane. We do numb the area before and during the procedure . However , you would still feel a little sensation.

First 2-3 days , lips will feel very dry and tight.

4th- 5th day : The lips start peeling off . This is when the chapped lips feel the strongest.

Lips will continue to go through peeling for a week . During this time , do not peel the skin off which causes pre-mature pigment and blotchiness. The best way to do is applying a thick layer of vaseline and gently massage the lips in circular motion to loosen the crust.

After crust have peeled off, the lips will look VERY pale like there is no color left. This is completely normal as the color will show back again in the next few weeks . Continue to use Vaseline 2-3 times / day for 2 months. You may wear lipstick , but ALWAYS remember to but a thin base of Vaseline . Do not let lipstick directly applied to the lips .

Final result cannot be judged after 2 month.

After Care

Immediately after the procedure : apply cold compress wrap in a soft wash cloth and gently place on the lips to help reduce swelling .

For the next 3 weeks :

- Throughout the day starting the next day , whenever lips feel dry Apply Vaseline (the type of lips without fragrance) .
- Drink plenty of Pineapple juice as it would help with swelling .

Before the lips are done peeling , usually about 1-2 weeks :

- Avoid food/ drinks that stain directly touching the lips . Always drink out of a straw . L.e. Coffee , tea, red wine, soy sauce , etc.
- Try to keep toothpaste away from the lips .
- Do not bleach your teeth while healing.
- Do not rub or wipe the lips during this time . Only dab with water if you need to clean them. Let any scabbing or dry skin naturally exfoliate away.