

# LIP TATTOO AFTERCARE ADVICE

## WHAT TO EXPECT IMMEDIATELY AFTER THE PROCEDURE?

- YOUR LIPS WILL LOOK BOLD AND MORE PIGMENTED RIGHT AFTER THE PROCEDURE (LIKE LIPSTICK).
- LIPS MAY APPEAR SLIGHTLY SWOLLEN AND LARGER, WHICH USUALLY LASTS 1-2 DAYS.
- COLOR WILL FADE UP TO 50% IN THE FIRST 3 DAYS.
- INNER LIP COLOR FADES FIRST, OUTER EDGES LAST.
- A LIGHT CRUST/SCAB MAY FORM AND FLAKE OFF, REVEALING A SOFTER COLOR.
- MANY CLIENTS CHOOSE TO GO DARKER AT THE TOUCH-UP. IT'S EASIER TO ADD COLOR THAN REMOVE IT.
- LIPS MAY FEEL TENDER – DRINK THROUGH A STRAW AND EAT FOODS THAT DON'T REQUIRE LIP CONTACT.

## DAY 1 (DAY OF APPOINTMENT)

- ICE MAY BE APPLIED FOR 10 MINUTES AT A TIME DURING THE FIRST 24 HOURS.
- ALWAYS PROTECT THE ICE WITH A CLEAN BARRIER (PAPER TOWEL OR CLOTH).
- DO NOT APPLY ICE DIRECTLY TO THE LIPS.

## DAYS 1 - 10 (HEALING PHASE)

### COMMON SYMPTOMS:

- SWELLING & REDNESS
- TENDERNESS
- FLAKING & MILD ITCHINESS
- DRYNESS (MAY LAST UP TO 3 WEEKS)

### AFTERCARE STEPS:

- FOR THE FIRST 1-2 DAYS, YOU MAY NOTICE LIGHT FLUID/OOZE.  
GENTLY DAB WITH A CLEAN TISSUE OR WIPE TO KEEP THE AREA CLEAN.
- APPLY A THIN LAYER OF AQUAPHOR WITH CLEAN FINGERS OR A Q-TIP.  
DO NOT OVERAPPLY – THE SKIN NEEDS TO BREATHE.

### BE AWARE:

- LIPS WILL PEEL FOR ABOUT A WEEK.
- DO NOT PICK OR PEEL THE SKIN, AS THIS CAN CAUSE PIGMENT LOSS.
- COLOR MAY LOOK LIGHT DURING PEELING – IT WILL BECOME CLEARER BY WEEK 2 AND CONTINUE TO SETTLE FOR UP TO 5 WEEKS.

## **IMPORTANT AFTERCARE NOTES**

- ✗ IF YOU GET COLD SORES, CONTINUE YOUR ANTIVIRAL MEDICATION FOR 3-5 DAYS AFTER.
- ✗ DO NOT PICK, RUB, OR SCRATCH. LET SCABS NATURALLY FLAKE OFF.
- ✗ DRINK THROUGH A STRAW FOR 1 WEEK.
- ✗ AVOID SPICY, SALTY, OR ACIDIC FOODS FOR 2 DAYS.
- ✗ AVOID EXCESSIVE LIP MOVEMENT (BIG SMILES, PUCKERING, SMOKING) DURING HEALING.
- ✗ NO SMOKING FOR 1 WEEK.
- ✗ NO KISSING OR FRICTION ON THE LIPS UNTIL FULLY HEALED.
- ✗ AVOID SUN EXPOSURE/TANNING FOR 4 WEEKS.
- ✗ AVOID HEAVY SWEATING, INTENSE WORKOUTS, SWIMMING, SAUNA/STEAM, HOT TUBS, AND LONG HOT SHOWERS FOR 10 DAYS.
- ✗ AVOID DIRECT WATER PRESSURE ON LIPS IN THE SHOWER FOR 10 DAYS.
- ✗ AVOID MAKEUP OR SKINCARE ON THE TREATED AREA.
- ✗ AVOID PRODUCTS WITH RETIN-A, GLYCOLIC ACIDS, ACNE INGREDIENTS, AHAS/BHAS ON THE LIP AREA.
- ✗ AVOID WHITENING TOOTHPASTE FOR 10 DAYS.
- ✗ AVOID BLEACHING, WAXING, ELECTROLYSIS, OR LASER HAIR REMOVAL NEAR THE LIPS FOR 2 WEEKS.

# **LONGTERM AFTERCARE**

- TOUCH-UPS ARE RECOMMENDED TO MAINTAIN SHAPE AND COLOR.
- COLOR WILL FADE OVER TIME DEPENDING ON SKIN TYPE, SUN EXPOSURE, LIFESTYLE, AND PRODUCT USE.
- COLOR CORRECTION OR DARK LIP NEUTRALIZATION MAY REQUIRE ADDITIONAL TOUCH-UP SESSIONS.

