

# Lip Blush Pre and Post Care Procedures

It is imperative to follow these instructions leading up to and following your lip blush appointment. Following the instructions below will help give you the best healed results. Not following these steps can lead to subpar healed results that could require more than 2 sessions included in your appointment total.

## **Pre Care:**

If you have a history of cold sores you will need to consult with your primary physician and get a prescription for Valtrex prior to your Lip Blush appointment. Lip Blush creates trauma to the lips and it is common to see cold sore outbreaks with this service.

If you don't have a history of cold sores it is still recommended to consult your primary physician about using L-Lysine the day of your appointment and then for 3 days following your appointment.

**\*\*Before taking any medications you must consult with your doctor\*\***

The week leading up to your lip blush appointment you will want to gently exfoliate the lips with a sugar scrub (something light) and use chapstick. This will help remove any dead skin and help keep the lips hydrated.

You are encouraged to bring your favorite lipsticks to help choose your color at time of service.

## **Post Care:**

### **Day 1 (Day of the procedure):**

It is very important to remove any lymph fluid from the surface of the skin in order to avoid heavy scabbing. Before going to bed gently pat the lips down with a barely damp tissue/paper towel and then apply your Glossed Aftercare.

Please note that it is common to see bruising after your appointment has been completed. Bruising tends to subside 48hrs after.

### **Day 2-7:**

The lips may still be swollen the second day. Still continue to keep the skin moist at all times, do not let them dry out! Continue to apply Glossed Aftercare every 30-60 minutes. Be sure to not pick or mess with the flakes; if the flakes detach early it will remove the pigment from that area.

\*\*Be sure to avoid water on the skin, makeup, sweating, saunas, pools, sunbathing, spicy foods and kissing until you are fully healed.

Healing is complete when all the flakes are gone!