



# PRE & POST APPOINTMENT LIP BLUSHING.

## SWELLING

Swelling is to be expected during and post treatment, luckily it does not last very long. Some will experience a great deal of swelling while others not so much.

## BEFORE THE PROCEDURE

If you have experienced any cold sores (even 20 years ago) please see a doctor prior re preventative treatment. As this procedure is causing trauma to the area that cold sores commonly appear, it can cause a flare up.

Avoid any supplements with blood thinning effects such as the following up to 7 days prior: fish oil, garlic, ginger, ginkgo, green tea, vitamin E. These supplements may increase bleeding.

Avoid blood thinning medications such as Aspirin/Advil.

If you take blood thinning medication for medical condition, unfortunately you will not be able to go through with the procedure.

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## POST PROCEDURE

If you experience a large amount of swelling you may ice the treatment area. Applying ice to the area following the procedure also helps to prevent bruising. Please make sure there is a barrier between lips and any ice such as a cloth or paper towel and ensure it is clean.

No exercise for 48hrs post procedure. Physical activity increases heart rate, blood pressure and blood flow. Minimal blood flow allows the lips to heal and repair faster.

When going to bed prop your head up to help reduce swelling.

## HEALING PROCESS

Lip tattooing healing process is relatively short. Days 3-5 post procedure you will experience dry flakey lips. Once all the pigment has flaked off it will appear that no pigment has been retained, over the next 6-8 weeks it bloom back to a soft lovely shade. Do not judge your lips for a full 8 weeks from day of procedure.



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# AFTERCARE

## DAY 1 (DAY OF PROCEDURE)

Blot lips for several hours after procedure to avoid any lymph fluid from drying and scabbing on the surface. Before bed if you can see any dry lymph forming gently rinse with lukewarm water and pat dry - then apply the aftercare balm.

## DAY 2-7

Lips may still be swollen.

Keep the lips moist at all times, do not let the lips dry out.

## DURING DAY 1-7 (or until scabs, flakes, peeling is gone)

PLEASE AVOID: Water on the area unless cleaning, make up, excessive sweating, sauna, pools, sun bathing, spicy food, kissing.

### DO NOT PICK

Do not apply anything to lips during the healing process (until they finish scabbing, flaking, peeling) other than your supplied aftercare.