

Preparation & Aftercare for Lips treatment

Preparing for your lips procedure

A temporary contraindication to lips semi-permanent makeup procedures, is the occurrence of herpes and the presence of AFT disease. For this reason, it is imperative that you obtain an antiviral (cold sore) prescription from your doctor, upon booking your lip treatment.

We usually recommend use of antiviral medication **three days before and three days after** the procedure. It is also required before and after touch-up appointments.

Alternatively, Amino Acid L-Lysine is available at most health food stores. Permanent Beauty Clinic recommends its use **four days before and four days after** the procedure. It is also required before and after touch-up appointments.

In the weeks prior to your procedure, it is important to moisturise and smooth the lips vermilion. Chapped or cracked lips are less likely to saturate and absorb pigment.

For **four to six weeks prior** to your appointment, do not:

- o use Vitamin A/Retinol products
- o undergo filler procedures

For **two weeks** before your lips treatment, do not:

- o tan or spend prolonged periods in the sun
- o undergo any type of facial or skin peel

For **one week** prior to your appointment, do not:

- o take Fish Oil or Vitamin E

For **24 hours to 48 hours** before the procedure, do not:

- o work out or undertake forms of physical exercise
- o drink alcohol
- o consume coffee or other caffeine products
- o take aspirin or ibuprofen for pain relief
- o schedule any dentist appointments.

Caring for your lips post-treatment

Wipe your lips with antiseptic or sterile water several times a day. For the first week, this should be done after each meal as well. Always use the ointment provided on a clean, dried tattoo.

After four to seven days, any scabbing will start to peel away. Initially, the colour will be rather pale, returning to its intended shade in one to two days. Loss of colour is completely normal, even up to 70 per cent.

When your lips are healed, it is essential that you continue to care for them. This will ensure that you enjoy your semi-permanent makeup for as long as possible.

Other important reminders

- Keep your lips well moisturised at all times
- No mouth-to-mouth contact for **the first week**
- Avoid spicy dishes initially, until the swelling is reduced and the area has healed
- Do not schedule any dentist appointments for 10 days from lips treatment
- Drink only through straws
- Allow any scabbing or dry skin to naturally exfoliate away – picking can cause scarring and loss of colour
- No facials, fillers, chemical treatments or microdermabrasion for **four to six weeks**
- Avoid hot, sweaty exercise for one week
- Wear a hat when outdoors and avoid direct sun exposure or tanning for **four weeks** after your procedure
- Avoid heavy sweating and long hot showers for the first **week**
- Do not sleep on your face for the first **week**
- Avoid swimming, lakes, and hot tubs for the first **10 days**
- Do not use topical makeup including sunscreen on the area for the first **10 days**
- Desist from rubbing, picking, or scratching the treated area.