

Lip Blush Tattoo - Aftercare and Healing Plan

This information is to assist with your lip blush tattoo post care. We have provided aftercare information as well as a healing plan to help you understand what is happening during your healing process and important steps to ensure correct healing.

Aftercare

Your aftercare is essential to your healing result and can make or break your design. If these rules are not followed with precision, there is a large possibility of infection, blurred design and/or heavily faded results. Please adhere to these rules strictly for the next 10 days.

We do note any pre-treatment directions that are not followed on our files and can generally tell if the brow aftercare has not been followed correctly. If these are not followed we have the right to release you from any future services.

You have invested a lot of hard earned money into this treatment we strongly advise that you follow these recommendations.

Your "Healing Time" will vary from around 7 to 10 days. You will know when your lip is healed as it will be soft and smooth to touch and feel like normal skin with absolutely no flaking or dryness.

Until your lip reaches this "soft and smooth" stage – it has not healed, and you must continue to follow your aftercare instructions until then.

Not everyone will experience flaking during their healing time....so "how do you know your lips have healed?" If you are 7 to 10 days into your healing phase, and there are no signs of any dryness or flaking at all then you are probably healed, and you can therefore stop following the aftercare steps.

Aftercare Steps

1. 3 hours after your appointment is finished, you will need to take a cotton tip, and apply ½ a pea sized blob of Bepanthen to the lip. Gently smear the Bepanthen cream over the lip on each side, until the lip has a slight shine. You do not need to apply an excessive amount just enough to hydrate your skin. Less cream applied more often, is best – excessive amounts will not give the best results. In fact, too much Bepanthen can produce a poor result and unevenness in the final colour as they cannot breathe. Do not use anything other than Bepanthen for healing.
2. Your lips will feel swollen and sore at this stage so treat with care.
3. You must apply this cream 2 times a day. You may notice colour rejecting on the cotton tip during application, and this is fine.
4. You must continue to use the cream, until the lip is soft and smooth.
5. During the healing time of 7 to 10 days:
 - **DO NOT** GET THE LIP WET
 - **DO NOT** EXERCISE OR GET HOT AND SWEATY UNDER ANY CIRCUMSTANCE – YOUR RESULTS WILL BLUR.
 - **DO NOT** PICK OR RUB YOUR LIP IF IT IS PEELING – THIS WILL CAUSE PATCHY LIPS
 - **DO NOT** USE ANY MAKEUP OVER OR NEAR THE LIPS ESPECIALLY LIPSTICK.

- **DO NOT** HAVE ANY FACIAL TREATMENTS FOR 2 WEEKS
- **DO NOT** GO INTO THE DIRECT SUNLIGHT FOR 2 WEEKS
- **DO NOT** DO ANY WATERSPORTS
- **DO NOT** APPLY ANY TANNING LOTIONS/RETINOLS/CREAMS near the lips, other than Bepanthen.

Ten Day Healing Diary

Here is a day to day breakdown of what you may experience during your healing time. This is to reassure you and to help any questions you may have after your appointment.

Day 1

Your lips will be swollen and may be uneven. Due to the nature of the treatment, and alternating sides during our session, the lips will be at different stages when we finish. Don't worry, this will subside quickly. Please do not listen to feedback from your partners, friends or relatives at this time. They have not sat with you in the room and do not understand the process. The colour will be dark today, as we are looking directly into an open "wound" at the colour inside. Your lips will be tender to the touch.

Days 2 - 3

On days 2 and 3 the colour can look solid, bold and very dark. If you didn't experience swelling on the 1st Day, you may wake up with some on the 2nd day. This is because our lymphatic system slows overnight, and can cause "puffiness" in the mouth. This is all part of the healing process. Be patient your lips will start to slowly go down.

Days 4 - 7

We are now into the middle of the healing phase. During this time the design can feel tight and sometimes a light scab can start to form. You must not pick at the scab, let it slowly exfoliate and continue to gently apply your cream to the area, without disturbing the flaking. Sometimes, when the colour is falling off, the lip underneath can appear very light in colour – some clients can even think the colour has disappeared. During this time the skin is repairing and the layers of skin healing over the lip underneath making it appear dull or even grey looking. The colour needs time to settle and you will find that the "richness" of the colour will bloom back by the time we see you at your perfecting session.

Days 7 - 10

By this time most of the flaking (if any) will be finished. The lip should have lightened anywhere from 10-60% overall and the skin should feel soft and smooth. You may now feel your lip is too light and notice some gaps, this is normal. Each person is different, and each skin will retain pigment in different ways. We can address all of this at the perfecting session and adjust, where required. If you are healed, you can now stop using your cream and you are able to wet the lip and start exercising again.

NOTE – When your lip is healed be careful not to cover them when applying your makeup. You will find that this considerably dulls the design and can make it look grey. To avoid this, apply your makeup as normal and then use a cotton tip, with a tiny blob of moisturiser, and wipe over each lip, to reveal the "richness" of the colour.

Be careful to avoid getting any retinols, Vitamin A, exfoliants including AHA Acids (glycolic and Lactic), BHA Acids (Salicylic), peels, scrubs, and keep lightening products including pigments controllers, away from the eyes at all times. This will extend the longevity of the colour.

Remember

YOU WILL WAIT 4_8 WEEKS until we see you at your perfecting session, for good reason. It takes this length of time for the skin to not only heal, but for the colour to settle and reveal its true shade and final shape. At the perfecting session, we can address shape and colour alterations to suit.

We can assure you that we do this treatment every day and we have compiled this email to let you know that by the time we see you next, your lip will have settled, and the colour and shape will have softened. We have ensured that we can adjust your lip where required. Until then, do not worry and let the process take its journey, as they will change dramatically, over the coming few weeks.

If you have any issues that have not been addressed above, please contact me via email and we will get back to you as soon as possible.