



LIP BLUSHING PRE-TREATMENT CARE INSTRUCTIONS

EXFOLIATE/SCRUB your lips Gently 1 week prior to your procedure, 2x/day for 2 to 3 minutes. you could use sugar, honey, and coconut oil mixture for a natural exfoliate

STAY hydrated and drink plenty of water

COME to your appointment with soft moisturized lips for best results

AVOID lipsticks 1 week prior to procedure as they tend to dry out the lips. Keep them moist with balm instead.

NO alcohol and smoking for 24-48 hrs. before the procedure.

NO caffeine on day of treatment.

NO Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 48 hours before procedure; they are natural blood thinners. (Tylenol/Acetaminophen is ok to consume)

DO NOT exercise on day of procedure

NO facial treatments such as Botox, Lifts, Peels, Dermaplaning, Derma Roller two weeks either side of procedure

AVOID Botox and fillers around the lip area 3 weeks prior to the procedure

AVOID Glycolic acid, chemical peels, and laser treatments on the face

AVOID all facials, bleaching treatments, or waxings around the lip area

AVOID extensive sun exposure and sunburn on the face 2 weeks prior to procedure :

COLD SORE WARNING: If you have ever had a cold sore, been prone to any type of cold sores, it is best to consult with your doctor and upon your doctor's recommendation, take doctor-prescribed medication at least 3 days before and after the lip procedure to help prevent or lessen the severity of an outbreak.

IT'S IMPORTANT TO FOLLOW THE INSTRUCTIONS ABOVE IN ORDER TO AVOID EXCESSIVE BLEEDING AND POOR COLOR DEPOSIT.

