

## Lip Permanent Makeup Aftercare Instructions

### Day of The Procedure:

- It is very important to remove all the lymph (clear, white secretions) to prevent scabbing.
- Immediately following your procedure, blot the area with a clear wet cotton every 1-2 hours for the remainder of the day.
- Immediately apply a thin layer of ointment after blotting.
- Apply ointment before bed.
- **It is very important to continue taking the L-Lysine supplement for the next 2 weeks after your procedure.**

### Day 2:

- Again, we need to continue to remove as much lymph as possible
- Every 3 hours blot your lips with a wet cotton pad and immediately apply a thin layer of ointment.
- Repeat this from the time you wake up until bed.
- Before bed, make sure you apply layer of ointment.

### Day 3-7:

- Your lips MUST stay hydrated.
- At all times throughout the day, ensure your lips have a thin layer of ointment on them.
- It is recommended to apply the ointment a minimum of 5x a day.

### Day 5-30:

- Continue applying ointment when dry or needed. We recommend applying the ointment in the morning and before bed.

### COLD SORES:

- If you experience a cold sore, please contact me immediately. Cold sores are common with lip micro-pigmentation, especially if you carry the gene.
- To dry the area out, without ruining your pigment, you must apply whiskey to the area with a Q-tip 3 to 4 times a day. *Do NOT use Abreva!*
- All clients who experience a cold sore must continue taking their L-Lysine supplement until their 6-8 week follow up appointment.

### Avoid the following from day 1-7:

- No Kissing
- Dental work/ Mouth washes
- Hot/ Spicy dishes – cut your food into small portions before consuming
- YOU MUST drink through a straw
- No Makeup (lipstick, glosses)
- Tanning Beds, Saunas, Swimming pools