

# Lip Blushing Pre-Care Instructions

1. We recommend our clients to start taking an anti-viral prescription medication (especially for those with a history of cold sores), such as Valacyclovir, Denavir (Penaciclovir), Valtrex, or Acyclovir (Zovirax) within the first few hours, and for the next few days, after the procedure is completed. Cold sore outbreaks are often triggered by stress or trauma to the lips and skin. Therefore, if you are a carrier or if you are in close contact with a carrier, lip blushing will likely cause an outbreak if an antiviral medication is not taken. Important note: Taking an antiviral prescription does not guarantee that you will not develop cold sores. As a precaution, we recommend taking the medication as a preventative measure and it will also help ensure a smooth healing process. You will be asked to sign a waiver form as it gets close to your scheduled lip blushing appointment. Of course, contacting your doctor to discuss this is always necessary.
2. Avoid alcohol, spicy/salty/acidic foods, and medications that act as blood thinners 48 hours prior to your appointment.
3. No Botox or fillers around the lip area at least 2 months prior to the procedure.
4. For better results, please exfoliate your lips 4 days before your appointment. Dab Aquaphor or A&D ointment each night to keep your lips soft. Chapped lips will not be tattooed.
5. Lips cannot be sunburned.
6. Lip fillers and injections should be avoided at least 3 months prior to your appointment.

# Lip Blushing Post Care

1. After your procedure, apply the lip ointment before bedtime. Starting the next day, simply apply the ointment whenever your lips feel dry (keep them moisturized). We encourage clients to use lip ointment frequently for 14 days.
2. To ensure your lips stay clean during the healing process, remember to gently clean your lips after eating with a damp cotton pad.
3. Do not overly extend your lips while they are healing (big smiles, puckering of lips, smoking, etc.).