

## **LIP PERMANENT MAKEUP**

### **PRE CARE**

- Have a good breakfast or lunch before the day of the procedure.
- Do not consume any caffeine(coffee/de-coffee /tea/herbal tea) on the day of the procedure.
- Avoid consuming alcohol/liquor 48 hours prior to the procedure.
- Don't wear lip makeup on the day of the procedure.
- Keep your lip moisturized prior to the procedure.
- Avoid waxing/tweezing/threading on the upper/lower lip area 3 days prior to the procedure.
- Don't do botox, filler, chemical treatment, or microdermabrasion around the lip area 4 weeks prior to the procedure.
- Avoid blood thinner, vitamin E, or any pain medication prior to the procedure.
- If any medical concerns or questions, please reach out to your primary physician prior to the procedure.

### **AFTERCARE**

- Keep lips moisturized all the time.
- Avoid hot and spicy/oily/salty and acidic foods for 3 weeks
- After every meal gently rinses and clean your lip with water and pat dry. then reapply ointment
- Drink liquid through the straws until your lip heals.
- Avoid licking and wiping too much lip with your tongue or a napkin until the lips heal.
- Sleep slightly elevated for the first few nights to reduce swelling.
- Avoid touching, rubbing, and scratching the procedure area.
- Don't pick up scabs, flakes, and dry skin during the healing process. Picking up scabs/flakes/dry skin may cause color loss and scars.
- Don't swim, sweat, or do excessive exercise for 7 to 10 days.
- Avoid sun tanning and direct sun on the face for 7 to 10 days. Wear sunglasses when outdoors.
- Avoid long and hot and steamy showers for 7 to 10 days.
- Avoid makeup including sunscreen around the lip or on the lip for 7 to 10 days.
- Avoid teeth whitening and smoking for 7 to 10 days.
- Before brushing your teeth, sealed your lip with ointment to protect the area. Be careful that the toothbrush will not rub against your lips.