

## **DAY 1**

- 2 hours after the procedure gently wash treated area with water and antibacterial soap, gently dry it by blotting area then applying Aquaphor. Repeat it again after two hours. After that, no water or other cleansers of any kind for any reason for five days except when brushing teeth.
- **DO NOT EAT FOR 3 HOURS FOLLOWING THE PROCEDURE** (if you get hungry you can drink a smoothie using a straw).
- Do not drink anything that would stain the color of your lips (red wine, pomegranate juice, cherry juice etc.)
- No smoking of any kind
- Do not use toothpaste when brushing your teeth on the first day. After that, when brushing teeth, use a minimal amount of toothpaste for 5 days. Toothpaste and mouthwash can remove lip color.

## **Day 2-7**

- Do not, by any means, touch your lips with dirty fingertips, towels, make-up and make-up tools, etc.
- Apply a **VERY THIN** layer of Aquaphor throughout the day (do not use mineral oil or petroleum-based products such as Vaseline). Do not allow the area to dry out and crack. Applying too much moisturizer can lead to fading.
- Use a straw when drinking **ANY** liquids. Cut foods into small bite-sized pieces when eating.
- No spicy or super-hot foods and drinks.
- No physical activity that causes extreme sweating.
- Do not use any lipstick or makeup on or near the treated area.

## **14 DAYS**

No hot sauna, no swimming, no jacuzzis, no hot bath, no sun bathing, no tanning salons. Excessive sweating, facials, hot yoga and other extremely humid activities should be avoided for a period of at least 14 days or until the lips are fully healed. No Vaseline, Neosporin or any petroleum-based products, no waxing, threading, laser, or skin treatments near the lips.

## **30 DAYS**

- No injections/fillers 30 days after the Lip Blush procedure
- Use chapstick with SPF 50 after your lips fully peeled.

## **IMPORTANT**

**YOU CANNOT BE EXPOSED TO THE SUN DURING THE ENTIRE HEALING PROCESS (6 WEEKS)**

**Day 1:** After your Lip Blush procedure, the color will look very bright and bold.

The lips will also be very swollen.

**Day 2:** On the second day, the lips will become darker. This is all completely normal. Swelling will diminish significantly.

**Day 3-4:** Your skin starts its natural healing process. During this time, you may experience some flaking and/or scabbing. This is all temporary. Do not pick on flaking or scabbing as picking or peeling any flakes or scabs can cause loss of implanted pigment and/or scarring.

During these first few days after treatment and during peeling, the color will look like it has disappeared but there is no reason for concern. The color will reappear gradually, as the weeks pass.

**Day 5-7:** The flaking will stop and the color will start to slowly reappear.

#### **Once lips are healed:**

- You may resume applying lipsticks, lip glosses and any other lip products by week 6 or once you have FULLY healed.
- Skin creams and products containing Retin-A, AHA, or any other kind of chemical peel must not be used directly on or near the tattooed area, as this will fade and distort the color.

Please keep in mind that the color will lighten between 30-60 percent. This is why a second, even a third session may be required to intensify the color. By week 6, the lips will be completely healed and you will get the second session.

#### **Disclaimer:**

How you take care of your new Lip Blush tattoo over the first 7-10 days will ultimately determine its healing, color retention, final appearance, and longevity. It is important to remember that results vary by individual.

- Splash your eyes with water and wash off any pigment residue immediately after the procedure. Pat dry gently with a clean tissue.
- Wash the skin around the eyes twice a day (morning & night) using a gentle, unscented soap (Cetaphil or baby shampoo). Use your fingertips to cleanse gently and pat dry with a clean tissue.
- Apply ointment 2-3 times a day for up to 7 days for thick eyeliner (**OMIT FOR LASH LINE ENHANCEMENT**).
- Scabs will take about 7 -10 days to peel off. Do not pick at the scabs or peel them off prematurely.
- Swelling and redness is normal for the first few days.
- Slight stinging sensation in the first few days is also normal.
- The colour will fade approximately 30-50% lighter when the scabs fall off.
- This is completely normal. Do not feel discouraged if the fading is more than you expected.
- To achieve the perfect eyeliner, we need to see how your skin accepts the initial application and a touch-up appointment is where we will perfect the shape and colour.
- No eye makeup is allowed until the scabs completely fall off.
- Avoid sweaty exercises such as hot saunas, hot yoga, and swimming.

## **SCABBING**

- The eyeliner will start to form scabs and they might look dark and thick. As the skin heals, the scabs will fall off in random pieces and might look patchy.
- Flaking and crusting on the tattoo area may occur.
- Avoid pulling off the scabs that are dried on the lashes.
- When you try to pull off the scabs that are hanging on your lashes, ensure the scabs are soft enough to slide off from the lashes. Use a mascara brush to help remove the scabs.

## **SWELLING**

- Swelling occurs up to 3 days after the procedure, especially in the morning.
- Exercising the eyes can help reduce swelling and puffiness. Try blinking actively for 2 minutes in the morning.
- To relieve swelling, you can ice the area with soft gel ice packs.

# BROW SHAPING & TINTING AFTERCARE INSTRUCTIONS

For the first 24 hours:

- Avoid touching or rubbing the brow area.
- Keep brows dry—no swimming, steam, saunas, or intense workouts.
  - Refrain from applying makeup, creams, or oils near the brows.
  - Avoid direct sun exposure and tanning beds.

General Tips:

- Do not exfoliate or use retinol, AHAs, or other strong skincare products around the brows for at least 48 hours.
- The tint will gradually fade over time—avoid excessive cleansing or scrubbing of the area to help maintain color.

# BLUSHED

S T U D I O S