

LIPS-POST CARE INSTRUCTIONS

IMPORTANT!!



Post operative instructions are provided for your benefit to insure the best possible results.

Should you choose to ignore the instructional information provided to you, Michelle Keith is not responsible for any complications such as: rashes, infections, and doctor's appointments, lost wages from work, loss of color, fever blisters, or scarring.

Should you choose to ignore these directions, any additional visits beyond the agreed upon 2 visits will be an additional charge. Like any elective procedure, the after care is **YOUR** responsibility

TIPS FOR LIPS BEFORE PROCEDURE

- USE **A&D OINTMENT** ON LIPS AT LEAST 1 WEEK PRIOR TO PROCEDURE. DRY, CHAPPED LIPS ARE NOT ACCEPTABLE FOR LIP COLOR. If your lips are chapped you will swell much, more and your results will be poor.

- STOP DAILY VITAMIN E AND ASPIRIN TWO WEEKS PRIOR TO PROCEDURE (**unless it is doctor directed**).

SUPPLIES: A&D OINTMENT, STRAWS, Q-TIPS

AFTER PROCEDURE

AFTER PROCEDURE KEEP LIPS COVERED WITH A LAYER OF BACITRACIN OINTMENT CONTINUALLY UNTIL YOU FINISH PEELING. AVERAGE PEELING TIME IS 4 TO 7 DAYS. 1) DRINK ALL FLUIDS THROUGH A STRAW UNTIL LIPS HAVE PEELED. 2) CUT YOUR FOOD INTO SMALL BITES TO EAT. DO NOT BITE INTO ANYTHING UNTIL YOUR LIPS HAVE PEELED. 3) WRAP YOUR PILLOW IN PLASTIC WRAP AT NIGHT AND REPLACE WITH A FRESH WRAP IN THE MORNING. THIS KEEPS YOUR PIGMENT FROM STICKING TO YOUR PILLOWCASE AT NIGHT. Do not use a back and forth motion on lips when applying ointment. **Tap** your ointment on with a Q-tip.

*Avoid moisture to the lips such as Hot Soup, Hot Cocoa, or Hot Coffee for 5 days. Drink everything through a straw until lips completely peel. DO NOT stretch the lips.

*Do not stand in front of a hot shower and let the water hit your face. Avoid water on the new pigmented areas as much as possible, the First Five days. (when showering, washing face, etc. have ointment on the pigmented area to protect the from water).

*Absolutely NO SCRUBBING the area. Allow the lips to peel off on their own.

*Absolutely no soaps, cleansing creams, or chemicals on the area. Wash your face carefully avoiding the area for 5 days.

*Do not expose the lips to direct sunlight (tanning or tanning bed) for 4 weeks. This is new skin and will sunburn easily. If going to the lake, ball games etc, use a lip gloss/cover with sunblock of at least **30spf** to protect the lips.

*Chapstick may be used on the lips after the 4th week.

*Avoid wearing lipstick for 4 weeks.

THIS IS A MUST. TANNING WILL LIGHTEN ANY PIGMENTED AREA OVER TIME, SO USE A SUNBLOCK WHEN TANNING. FAILURE TO FOLLOW PRE OR POST-TREATMENT INSTRUCTIONS MAY CAUSE LOSS OF PIGMENT, DISCOLORATION OR INFECTION.

Remember, colors appear brighter, darker, and more sharply defined immediately following the procedure. As the area flakes off, the color will soften. Some lips will not see good color until the 14th-21st day or so, be patient. Lips heal in approximately 4 weeks

FREQUENTLY ASKED QUESTIONS:

WHAT DOES 'PEEL' MEAN?

YOUR LIPS HAVE BEEN PUNCTURED WITH A NEEDLE THOUSANDS OF TIMES AND ARE NOW WOUNDED. THERE CAN BE REDNESS, SWELLING, AND/OR BRUISING TO THE LIPS. AS YOUR LIPS HEAL THEY WILL PEEL OR SLOUGH OFF DEAD SKIN.

HEALING TIME:

AVERAGE HEALING IS 4-7 DAYS. THE NEXT DAY CAN HAVE THE MOST SWELLING. IF YOU KNOW YOU SWELL EASILY, PLAN FOR 3 DAYS OF SWELLING. EACH DAY SWELLING WILL BE LESS. THE OLDER YOU ARE THE LONGER IT TAKES TO HEAL. ADD A FEW DAYS IF YOU KNOW YOU ARE A SLOW HEALER OR DIABETIC.

THE FOLLOWING WILL EFFECT HOW QUICKLY OR SLOWLY YOU HEAL. DIET, STRESS, SMOKING, EXCESSIVE ALCHOL CONSUMPTION, AGE, GENERAL HEALTH, SLEEP/FATIGUE. THE MORE FATIGUED YOU ARE THE LOWER YOUR IMMUNE SYSTEM IS AND INFECTION IS MORE LIKELY TO OCCUR.

SWELLING:

ICE CAN BE APPLIED AROUND THE AREA BUT NOT DIRECTLY ON THE AREA. NO ICE DIRECTLY ON LIPS. SLEEPING SLIGHTLY ELEVATED WILL ALSO HELP PREVENT SWELLING.

WHAT WILL IT FEEL LIKE?

LIPS NORMALLY FEEL DRY, CHAPPED, TIGHT AND TENDER TO THE TOUCH. LIPS WILL FEEL BETTER WITH EACH DAY. SHOULD ANYTHING OCCUR THAT HAS NOT BEEN ADDRESSED, PLEASE CALL IMMEDIATELY.

TEETH BRUSHING:

SEAL LIPS WITH OINTMENT FIRST. PUT COTTONBALLS IN GUM AREAS SO TOOTHBRUSH WILL NOT RUB AGAINST THE LIPS. NO WHITENING TOOTHPASTE (DURING THE HEALING PROCESS.) USE A SMALL AMOUNT OF TOOTHPASTE. TAKE A STRAW WITH YOU TO THE BATHROOM TO RETRIEVE WATER TO SWISH WITH.

SUN EXPOSURE:

SUN EXPOSURE AND TANNING BEDS FADE YOUR COLOR. AFTER LIPS HAVE HEALED, USE A LIP BALM WITH AN SPF OF AT LEAST 30.

PERMANENT MAKEUP is a cosmetic procedure that may enhance the appearance of the skin, but it is not designed nor is capable of producing perfect results. A perfect result is not guaranteed or warranted. I certify that I can read and write, and that I have read the information in this instruction sheet and fully understand it. I have had an opportunity to ask any questions I might have. I certify that I will abide by all the directions herein, and I certify that I have received a copy of this instruction sheet. QUESTIONS OR PROBLEMS? Call (405) 691-9992.
Thank You Michelle

Signature of patient

Date