

LIPS PRE-CARE INSTRUCTIONS

PLEASE READ CAREFULLY BEFORE BOOKING YOUR APPOINTMENT. NOT ADHERING TO THESE INSTRUCTIONS CAN IMPACT YOUR HEALED RESULTS.

- It is recommended to eat something and stay hydrated before your appointment to make sure your blood sugar levels stay stable during the procedure.
- No excessive alcohol or caffeine consumption 24 hours before your procedure. Alcohol and caffeine can thin the blood, which causes the skin to be hypersensitive, and bleed/bruise more easily.
- Avoid sun tanning one week prior to the procedure.
- Avoid blood thinning medications for 24 hours before the procedure. This includes Aspirin, Niacin (Vitamin B3), Vitamin E or Advil/Ibuprofen, fish oils tablets. Please consult your physician if this is an issue.
- Discontinue Retin-A one week prior to the procedure.
- Do not wear any makeup on the day of your appointment.
- Start thoroughly exfoliating and moisturizing your lips 3 days before the procedure.
- Lip procedures like lip blushing or lip micropigmentation can cause flare ups in those with a history of cold sores. If you have a history of cold sores, get a prescription for antiviral medication from your physician. You must take this medication for 5 days before your treatment, and continue to take it for 5 days afterwards. *While this decreases the chances of a flare-up, it does not guarantee that a flare-up will not occur.*