



## Lip Procedure After Care

- Keep applying Aquaphor or provided ointment as needed. Meaning, as soon as the lips start to feel dry. Lips can bruise after the procedure. If bruising occurs, it usually goes away within 24 hours. The lips may be swollen, please do not ice them. Always keep lips moist, do not let them become dry.
- Wash your lips 1-2x daily very gently. Do not put them in direct shower stream
- Apply ointment for 7 days. Blot on skin, do NOT rub on lips or rub lips together to spread ointment. The ointment helps the skin regenerate faster and better.
- Avoid water (for the PMU area)- no sweating, saunas, lakes, pools, oceans or tanning. Please wear a hat if you are outdoors.
- Avoid sun exposure for lips for 30 days. After 30 days continue to use an SPF 30-50 lip balm when outdoors.
- Do NOT pick or peel any scabs, this can cause scarring and remove pigment. It is normal for lips to feel like sand paper texture or chapped lips when scabbed.
- Do NOT use any ointments other than those listed above.
- Avoid spicy, salty foods or soups during healing. It is best to use a straw when consuming beverages.
- One month following the procedure, do not use anything containing acids around the lips.
- Be cautious when brushing teeth to not get toothpaste on the lips the first few days after procedure.
- Lips can appear healed in a few days for some, however they are not. Please be mindful of this.
- Everyone's skin has its own healing process and duration. Lips will peel anywhere from day 2-7, then you will notice clear skin peeling. This will stop, then the color will look light. Sometimes lips take 6 weeks for the color to fully return.
- Touch up will be scheduled 8-10 weeks after your appointment to ensure the skin is fully healed. If you develop a cold sore, touch ups will be 10 weeks later.
- Cold Sores will most likely pop up on individuals on day 3-5. If one appears please use an OTC ointment such as Abreva.