

# POSE

## Lip Blush

### AFTER CARE

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- Please keep the area clean and free from any lymph.
- Please wipe 3 times a day with a fragrance free wipe for the first 3 days then after that leave the skin to heal by itself.
- Please use the Vaseline to keep the lips moist and drink plenty of water to keep hydrated and promote healing.
- Please do not use lipsticks or lip-gloss for a minimum of 4 days and no tingle or lip plumping glosses for at least 2 weeks!
- If Lips become wet in the shower or when washing your face simply pat dry with a towel. (It's not a problem for them to become exposed to water).
- Please avoid citric and spicy food for 24/48 hours whilst still sensitive

If you attend the gym, please ensure hands . equipment are sanitised before use to reduce the risk of cross contamination's - you can attend light gym or workout sessions 24/48 hours post treatment, and heavy sessions whereby excessive sweating can occur 72 hours.

More Information 

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Lips should heal very quickly within 5 days, typically as follows..

**DAY 1:** Intense colour / fuller looking shape than anticipated

**DAY 2 :** Middle of lips begin to peel / overall lip starts to dry out like a matte lipstick can do so

**DAY 3:** Outline starts to peel / appears uneven - please do not pick, persevere

**DAY 4:** Scabs begin to shed completely and look pale in colour

**DAY 5:** Colour seems to of disappeared, keep applying balm and keeping hydrated it will return

Lips are really quick healers, but change so much in such a short period.

Bruising, swelling is all totally normal with lips and can vary greatly between clients. We advise Arnica cream/ tablets to help with bruising

All lips swell during and post treatment - This can cause the treatment to sometimes appear uneven, please do not panic, leave them to heal and if tweaks are needed this can easily be done at the top up - less is more.

Immediately after they may seem pale and patchy, this can be present for anything up to 24 hours - usually 24 hours post treatment the colour will oxidise intensely - they'll go very dark, patchy, uneven this is all part of the process, we should be able to judge the result from the session from around week 3/4 once healed.

**Cold sore sufferers:** If you are prone to cold sores, an out break can usually occur from day 3/5 . It is important to act on these quickly and take the right course of action, if in doubt please do get in touch and we will give our recommendations. Please do not pick any scabs that form.