

Cosmetic Lip Tattoo Aftercare Sheet

Please read the following information carefully. If you have any questions call The Beauty Extract on 0432 106 110.

This is to be followed EVERY lip tattoo procedure for optimal results.

Prior to your lip tattoo appointment

- Ensure your lips stay well hydrated in the lead up to your tattoo and that they are not dry or cracking. If lips are dry and flaky at the time of the procedure this could result in the uneven application or healing of your cosmetic tattoo.
- You must speak to the chemist about the possibility of taking Lysine in the lead up to your tattoo and while it is healing (at least 2 weeks prior and after). This helps reduce the risk of getting a cold sore particularly if you have had one in the past. For those who have not had cold sores, it is still recommended to speak to the chemist about taking some in the weeks leading up to your tattoo and while it is healing. This will help to reduce the risk if the virus lays dormant in your body.
- It is required for those who have had cold sores in the past to speak to your doctor and get a script for Valtex or Famvir or something similar. You could take one tablet the day before your procedure, one the day of the tattoo and one the day after. The number of tablets or when to take them may vary with different types of similar medications. This cold sore treatment will help to reduce the risk of getting an outbreak or will lower the severity if you happen to get one. **Do anything you can to try to reduce the risk of getting a cold sore outbreak.**
- We cannot tattoo you if you have a cold sore or burnt lips.
- It is recommended to wash your hair prior to your appointment and give your face a good wash (particularly around the lip area) as you CANNOT get the area wet for around 5 days or until all scabs have come off.
- Please don't wear good clothing or white / light colours.
- DO NOT use any other creams on your tattoo while it is healing, we will provide you at your initial appointment with Lucas Papaw ointment.

Day 1

- Do not touch your lips for at least the first 48 hours.
This is to prevent the transfer of bacteria which could greatly impact on the retention of the tattoo pigment and cause an infection.
- Every 30 minutes until bedtime you will need to clean your lips, as they will weep a clear fluid (this is normal). First wash your hands then slightly wet two cotton rounds/balls with clean water. Squeeze most of the water out so they are damp. Gently wipe over the lips every 30 minutes until bedtime. It is important to remove the fluid otherwise heavy crusting or scabbing will build up.
If the weeping continues or you experience pain, redness, puffiness over 48 hours please contact The Beauty Extract and see your doctor.
- Each time after wiping your lips reapply the aftercare cream, Lucas Papaw ointment. Use a clean cotton tip to apply the ointment not your fingers. The lips must stay moist for successful healing.
- Sometimes the lips can bruise during the procedure or even show up after the procedure. This will settle in the next few hours or by the next day or two.
- You may experience a warm sensation (like a grazed knee) on the tattooed area as well as tenderness / soreness. This may last for 12 hours or so.
- The colour may be very strong and bright straight after the lip tattoo procedure. (This is not its true colour until all scabs have come off and the area has fully healed)
- Don't brush your teeth until at least the day after your tattoo.
- Avoid hot spicy, citrus or salty foods, even hard to eat foods like apples, burgers etc, as we don't want to stretch the lips. Use straws to make liquids easier to drink.
- Do not go to the gym or do any activities that may make you sweat or raise your body temperature. (For at least the first few days.)

Day 2

- Lips must stay moist at all times. Regularly apply the ointment as often as you need so they don't feel dry or tight. Still avoid touching them with your fingers, use a cotton tip to apply ointment.
- You might still notice the swelling; this will gradually settle.

- You may brush your teeth but be very careful to not get toothpaste on your lip area.
- Still avoid Hot spicy, citrus or salty foods, and foods that are hard to eat. Keep using straws to make it liquids easier to drink.

Day 3

- Lips will start to settle and look like they have shrunk.
- Continue to keep lips moist, applying the ointment as often as you need.
- You may find it easier to eat foods, do this with care and avoid disturbing the lips as much as you can.

Days 1-7+ (or until all the scabs have come off)

- Do not get your lips wet!
No water, no steam, no swimming, no saunas, no chlorine, no salt pools, no ocean water.
- Avoid licking and saliva around your lips.
- Do not apply makeup anywhere near your lips.
- You can use Zovirax cream here and there while your lips are healing to help prevent any outbreaks or infection.
- Continue taking Lysine, Valtrex or Famvir.
- Do not use any soap, cleansers, moisturisers or any other products near your lip area.
The ONLY product to be used is the Lucas Papaw ointment or Zovirax, as other products could alter the colour and effect final outcome and the healing process.
- Be careful with food and even use straws to drink to make it easier.
- Avoid direct sun on the tattooed area.
- Do not pick or itch!!
The tattooed area may start to feel rough like dry skin. Please don't encourage the scabs to come off, as you could get scarring and areas with loss of colour. They will fall off when they are ready. It also may start to feel slightly itchy. This is normal; but do not itch! Picking or itching can remove the pigment and make your tattoo patchy.
- Your lips will shrink and lighten day 3 onwards.
- Don't be alarmed when your lip tattoo fades. It could fade anywhere from 20%-80%.
It is very broad and hard to know how everyone's skin will take to the pigment. Some may hold a lot of colour while others may fade quite considerably. At your adjustment session, this will be addressed and changes of colour or technique can be tweaked depending on how your skin holds the pigment / technique used.
- Once all your scabs have come off the colour will continue to come forward and settle.

Once your lips are fully healed

- If you feel any adjustment to shape/colour is needed you must allow at least 4 weeks for the skin to heal
- Exposure to the sun over time can cause fading and colour change.
- Many chemicals can interfere with the bonding process.
Any Retin-A, bleaching creams, glycolic acids, fruit acids, AHA acids, peels or any strong vitamins must be kept completely away from the tattoo even once it has healed as it may lighten or change the colour. Check ingredients of moisturisers and cleansers as they can also fade tattoo colour if they contain acids, vitamins and active ingredients. Please feel free to check with us if you are unsure. If you are having a facial, please alert your therapist to avoid this area with any of these strong ingredients or any abrasive machines.
- In the event you need to get a CAT scan or MRI, please inform your physician that you have a cosmetic tattoo.
- Book in your adjustment session 4-8 weeks after your initial tattoo, \$95.
The adjustment session must be done in this time frame otherwise you will be charged the relevant maintenance session costs.
- Healed results will vary with each individual.
- You can book in for maintenance sessions in future as you need. Times are based on when you had your last tattoo appointment.
- 1 – 12 months - \$250
1 – 1.5 years - \$395
1.5 – 2 years - \$495
- Additional touch up sessions may be required. \$95
This must be done 4-8 weeks after your adjustment or maintenance session otherwise maintenance prices will apply.
- Most importantly, enjoy your new lips!!! ♡ Morgan

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