



ADVANCED AESTHETICS
SKIN CARE STUDIO

Lip Blushing

IF YOU HAVE PREVIOUS PMU LIP BLUSHING, AN IN PERSON CONSULT IS REQUIRED.

You will not be a candidate for Lip blushing if:

- You have had previous allergic reactions to tattoo or permanent makeup pigments
- You have hepatitis C
- You have Lupus
- You are pregnant or breastfeeding
- Your skin heals super dark when you have a minor injury
- You get hypertrophic scarring from minor injuries
- You get keloids from minor injuries
- You have had an organ transplant

A doctor's note is needed if:

- You have an artificial heart valve (antibiotics may be needed before treatment)
- You have an autoimmune condition where you are more likely to get infections
- You are generally required to take antibiotics before dental treatments
- You have birth marks or port-wine stains on your lips
- You are on blood thinning medications. You will need permission to discontinue these meds before the procedure
- You bruise/bleed extremely easily
- You are undergoing chemotherapy or radiotherapy
- You have uncontrolled diabetes
- You have hemophilia
- You have HIV/AIDS
- You have high blood pressure that is not controlled by medication
- You have kidney or liver disease
- You have severe heart palpitations
- You have vitiligo that has not been stagnant for more than a year

You may receive lip blushing but must discontinue:

- Accutane (an acne medication) for two years
- Alcohol & caffeine for 24 hours pre procedure

- Antabuse (drug used to break alcohol addiction) for 3 months
- Deep chemical peels for 6 months pre procedure
- Superficial chemical peels for one month pre procedure
- Receiving injectable fillers for 4 weeks pre procedure (lip blushing is recommended prior to fillers if possible)
- Retinol/ Retin A/Vitamin E/AHA products for 4 weeks pre procedure
- Tanning for one week

You must wait to get lip blushing if:

- You have epilepsy and have had a seizure in the last 3 years (if it has been 3 years or longer, you are advised to bring someone to your appointment with you)
- You are currently having an inflammatory outbreak on the area such as : acne, psoriasis, or dermatitis eczema
- You have atrophic scars in the area that are less than 6 months old
- You have had shingles in the last 6 months
- You are currently having a herpes simplex breakout or chapped lips/injuries
- You have had IPL laser hair removal around the mouth in the last 2 weeks
- You have had waxing and bleaching treatments in the last 2 weeks
- You have had electrolysis treatments within the last 4 weeks

We will proceed with caution if:

- You have sensitive skin and many allergies
- You have anemia (you may bleed more easily, take longer to heal, or need an extra session)
- You take daily aspirins (you may bleed more easily, take longer to heal, or need an extra session)
- You have asthma (you may bleed more easily, take longer to heal, or need an extra session)
- You've ever had a cold sore (it is strongly advised you get prescribed an antiviral from your doctor prior to your procedure to prevent a breakout that could jeopardize the healing process. This will be for 5 days prior and 5 days post procedure)
- You have hyperpigmentation (your skin is very sensitive and therefore may need an extra session)
- You have trichotillomania (if the severity of your hair pulling requires you to do so during healing times then you will be at risk for infection, hyperpigmentation, and poor healed results)

Lip blushing pre-treatment advice:

- Know that after your procedure you will have redness and, sometimes severe, swelling and plan your day accordingly
- It is recommended you eat before your appointment
- Moisturize your lips well every day for 7 days before procedure as well as drinking plenty of water
- I recommend doing a gentle lip scrub 1 week prior and 2 days prior to your procedure (coconut oil mixed with sugar is a great home made scrub)
- Lip blushing will define the borders of your lips as well as enhance the color but will not be bright enough to mimic lipstick due to it being under the skin and not on top of it. I compare the look to more of a tinted chapstick
- Lip blushing can take one session but oftentimes more than one is needed to build the color. Your first touch up is free between 6-12 weeks
- You may need more than two sessions if: you have extremely sensitive skin, you have thin skin or skin of a darker tone, you have medical conditions that compromise your healing, you have scarring in the lip area, or you have previous lip blushing that does not align with my techniques
- Know that your lip color post procedure will seem dark (and even get darker in the next days following) but ultimately the color will heal very soft. This process generally takes about 7 days

AFTERCARE FOR LIP BLUSHING

The first 7 days expect:

- Mild pain
- Minor swelling
- Tenderness
- Asymmetry from swelling
- Itchiness
- Dry flaking skin
- Mild headache

Avoid for 7 days:

- Makeup on or near the lips
- Exercise/ sweating
- Kissing
- Touching your lips to fluids or food when possible

Daily care for 7 days includes:

- Gently cleansing your lips with damp cotton pad and patting dry 2-3 times a day
- Apply ointment 5-6 times a day (thin layer) Use a clean applicator such as a q tip or clean hands thoroughly before applying

- Try and keep your hair back and away from your lips
- If it is a necessity to wear a mask, wear a clean n95 that protrudes and will not rub on your lips

The first 14 days please avoid:

- Spray tanning
- Sun beds, sun bathing, direct sunlight without hat
- Swimming pools, sauna, jacuzzi (hot steam, chlorine, etc)
- Beauty treatments near your lips such as hair removal
- Direct shower spray to the lips
- Getting them wet unless cleaning
- Picking, rubbing, peeling (this will help prevent infection as well as poor healed results)

Keep in mind:

- The approximate healing time is 7 days but may take longer
 - Stress, poor diet, immune system health, and failure to follow proper aftercare can all contribute to poor healing
 - Keep in mind there may be unevenness of color when healed and the free 6-12 week perfecting session will fine tune them
 - The free perfecting session must be done between 6-12 weeks and failure to schedule within that window will result in a fee
 - Free perfecting sessions are not provided with color boost appointments (usually needed anywhere from 9 months to 3 years later)
 - Everyone's skin retains pigment differently
 - In caring for your lip blush long term, make sure you are using sun screen to prevent quicker fading time
-