

# LIP PMU INFORMATION & AFTER CARE

Permanent Make Up aftercare is essential to proper healing and favorable end results. During the PMU process very fine needles will be breaking the skin and inserting the color pigment. This will leave the skin tender, possibly swollen and will produce some scabbing. It is important to follow aftercare instructions as closely as possible to avoid further damage to the skin, risk of infection and loss of color.

If you have any questions or concerns please do not hesitate to contact me!

## Instructions

- **DAY 1 – immediately after procedure**
  - We recommend to wash the lips once with mild soap 1 hour after procedure. Client should completely wash all drops of lymph fluid and wipe to prevent new formation.
  - Continue to gently wipe lymph fluid away until evening and before bed time.
  - At bed time when lymph fluid has settled place a very minimal amount of Vaseline on the lips
- **For the 10 days following the tattoo procedure,**
  - wash the site gently and apply Vaseline multiple times per day:
  - Wash the site gently with liquid soap and water using your hands only.
  - Blot the area dry. Do not rub.
  - Massage Vaseline in gently for 15 seconds.
  - Be sure to blot of excess lymph fluid and do not allow the lips to become wet or “mushy”. Try to keep the lips as clean as possible and use a straw for drinking. Avoid contact with acidic foods or beverages, spicy foods, all surfaces and body fluids until the scabs are gone. Avoid smoking.
  - It is difficult to not talk, drink or eat while the procedure heals, so do so carefully and avoid over stretching the mouth, which can cause the scabs to rip or bleed. Moisturizing will help remedy this.
- After initial healing (7-10 days) use lip gloss with sun block over the tattooed area to preserve color. The continued use of at least SPF 30 sunblock with UVA and UVB protection will help to prevent fading.
- Sleep slightly elevated for the first few nights to reduce swelling.
- Schedule and go to your touch-up appointment, which should be scheduled to occur between 4 and 6 weeks after the initial procedure. The touch-up procedure ensures good color saturation and provides an opportunity to fine tune the final shape and color.

## Cautions

- If you are prone to cold sores, lip tattooing can cause outbreaks. If this occurs the following actions may help:
  - Read more about cold sores: <http://www.webmd.com/skin-problems-and-treatments/guide/understanding-cold-sores-basics>
  - Contact your doctor and get an anti-viral medication.
  - Use L-lysine natural amino acid.
  - Use Abreva cream.
- Do not pick at the tattoo site at any time during healing.
- Do not let the area dry out completely, since this can cause scabbing and cracking of skin surface.

- Products to Not Use on the tattooed area:
  - No Neosporin,
  - No anti-acne products (e.g. Benzoyl Peroxide, Pro-active) or lightening creams (bleach creams) hydroquinone around any permanent makeup site, since they will cause rapid fading.
  - No anti-aging products or facial products containing Alpha Hydroxyls (AHAs), Retin-A, Lactic or Glycolic Acids. These will fade permanent makeup, since creams do not have assigned seating and travel in the skin.
- Do not scrub, scratch or pick tattooed areas or you will lose color that may not be repairable.
- Do not expose tattooed area to sun or tanning beds without using sun block. This can cause pre mature fading or you will lose color that may not be repairable.
- Be careful to avoid infection of the tattooed area for 15 days after the procedure:
  - Always wash your hands before touching the tattooed areas
  - Do not share your aftercare product (vaseline) with anyone
  - No facials or masks for 15 days, and avoid them in the permanent makeup area indefinitely.
  - No swimming pools, Jacuzzis or other bodies of water for 15 days.
  - Do not soak your face underwater in a bathtub or allow the shower to spray directly in your face for 15 days.
- Laser procedures done within 3 inches of permanent makeup can cause fading
- Face peels, even mild ones, may cause permanent makeup to lighten.
- Microdermabrasion in the permanent makeup area can fade permanent makeup.
- Any removal of dead cells on permanent makeup area can cause pre-mature fading.
- No exercising for 24 hours, avoid direct contact with animals and no gardening for a week.

## What to Expect

- There may be moderate swelling, redness and bruising for the first 5 days. Apply a Ziploc bag filled with water and ice for no more than 15 minutes at a time to reduce swelling.
- During the initial healing period, there should be minimal scabbing or flaking of the skin. If there is some scabbing or flaking, do not pick, and allow the scab or dry skin to come off on its own.
- Expect the color to eventually lighten by up to 40% once the healing process is complete.
- Permanent Lip Color is in the skin rather than on top of it like lipstick, so it will have a matte finish unless you apply lip gloss or lipstick on top of the permanent makeup.
- Color may appear sketchy at different stages of healing. Be patient. This is a process that does not yield immediate results.

- Permanent makeup ink is not the same as body art ink, and by design it does not last as long as body art ink. Permanent Makeup does fade and is expected to last 2 to 5 years before requiring a touch-up.

- If you develop excessive redness, itchiness, or white pimple-like spots in the tattooed area, you may be having a reaction to the Vaseline. If this occurs, wash the area, and stop using Vaseline or any other product on the area. Allow the reaction to settle down, which it should do in 24-72 hours.

- The tattoo site cannot be tattooed again within 28 days or scarring can result. If you see changes that you would like to make to shape or color, they will need to wait until after this 28 day period.

### Touch-Ups

- You will need a touch-up for your lip procedure and must be done 4-6 weeks after the initial procedure.

- Want to refresh your color? Get a touch-up for just \$195 if scheduled within 1.5 years after the initial paid procedure

- Touch-ups scheduled more than 2 years after the initial paid procedure are \$320.

There are no implied or written guarantees if you don't take care of your Permanent Makeup. We have a Strict No Refund Policy. I will gladly help sort out any issue you may be having but we do not offer monetary refunds. Please Contact me at 778-982-8066.