**Apply *Skin Candy, A&D, Aquaphor* or *Vaseline (moisture barrier)* with an applicator stick to your lips 3 – 5 x/day.**

Lips will look heavily pigmented immediately after tattooing. During healing, the epidermis will slough off, lightening the overall effect.

**Note:** Your lip tattoo will change color several times and may *disappear* then *reappear* within the next 4 weeks.

Swelling can push pigment out of your tattoo and/or cause pigment to “blur” by spreading under the skin to adjacent areas. **To reduce inflammation**: apply moisture barrier, then place plastic wrap gently over the lip area and apply a cool pack (not frozen) over the plastic wrap for ten minutes each hour until the swelling subsides. Continue cool pack application the following morning until the swelling subsides. Take an anti-inflammatory (Ibuprofen) as directed by your doctor.

**For 2 weeks avoid the following:**

* minimize exposure to the sun
* bleaching toothpaste
* direct shower spray
* lip gloss, lipstick
* saunas
* strenuous exercise
* swimming in pool, lake, river, or ocean

When eating greasy, oily, acidic, spicy, salty food, use your teeth to remove food from your fork and blot your lips often with a napkin.

Use a straw to drink.

Do not swim until your lips are healed. Chlorine and salt water will remove pigment from open skin.

If you have a pet that walks/sleeps on your pillow, change your pillowcase daily and put your pillow away when not in use. Avoid touching your pet and then touching your lips.

DO NOT RUB, SCRATCH OR PICK AT YOUR LIPS. You may clip pealing skin with scissors.

**After 2-weeks:**

Apply SPF lip protection every day and reapply per directions. UVA rays and UVB rays fade permanent makeup. UVA rays are amplified by clouds and UVA rays are present at night.

If you use bleaching toothpaste, don't allow it to sit on your lips.

 Lip procedures require 2 appointments. Within 6 weeks, schedule your 2nd appointment at www.riseandshinepermanentmakeup.com/service-menu.html

Contact me immediately – 24/7 – with any questions or concerns.