

POST-TREATMENT INSTRUCTIONS FOR LIPS

It will take approximately 30 days for your lips to completely heal.
Until your lips are completely healed they will go through changes in color.

Be patient with the process!

Right after your lips are done they will feel like they are on fire. This will subside but until then **ICE! ICE! ICE!**

It is *normal* that your lips feel sore to touch (initially), have a little swelling and bruising or begin to itch. Some people have a breakout of cold sores.

(IT IS RECOMMENDED THAT YOU CHECK WITH YOUR DOCTOR ABOUT TAKING A PRESCRIPTION FOR VALTREX)

- Every 2-4 hours for the first 24 hours you will need to gently pat or wipe the dried blood and serous fluid off your lip area with wet cotton balls.
- Keep a very thin layer of vaseline on your lips and reapply as often as they feel dry until the initial healing is complete. This may take between 7-10 days.
→ Keep them moist and do not let them dry out! ←
- Do not use any make-up on or near your lips until the initial healing is done.
- For any initial swelling, you can use crushed ice or frozen peas in a ziploc bag. Make sure you wrap with a soft paper towel or kleenex. Apply to lips for 20 minutes on/off as often as you want during your first 24hrs. Do not leave on longer than 20 minutes at a time.
- Eat soft food and use a straw for your first few days. No hot or spicy foods.
- No kissing or sexual contact with your lips until initial healing is complete.

Some clients have chosen to use Ibuprofen or Tylenol for mild discomfort and Arnica Montana for bruising and swelling.

Please check with your doctor before taking ANY medications over-the-counter or prescription.

Please contact your doctor immediately if you have prolonged pain and redness around your lips or begin running a fever greater than 101 degrees