

# Lip Aftercare Instructions

## 1. What NOT to do:

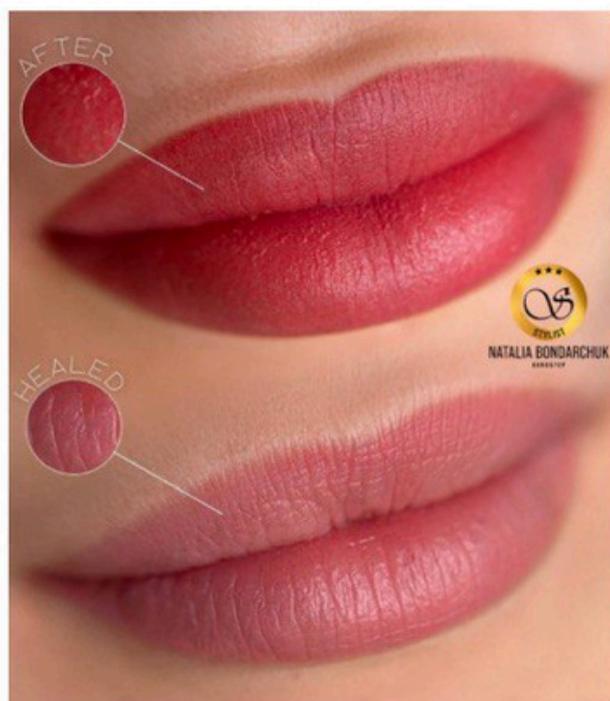
- ✗ Do not rub your lips. Avoid friction to prevent pigment damage and inflammation.
- ✗ Do not pick, scratch, or lick your lips. This can damage the healing skin and affect the final result.
- ✗ Avoid hot and spicy foods and drinks during the first few days to prevent irritation.
- ✗ Avoid direct sun exposure and tanning beds for 7-10 days. UV rays may cause pigment fading.

## 2. What you SHOULD do:

- ✓ On the first day, apply a cold compress to help reduce swelling.
- ✓ Gently blot your lips with a cotton pad to absorb lymph fluid.
- ✓ After peeling is complete and lips are fully healed, apply A&D ointment in a thin layer every 2 hours for the first week.
- ✓ After full healing (6-8 weeks), you may use any regular lip products.

## 3. Important to know:

- ✓ Lip color will change during the healing process and will stabilize within 6-8 weeks.
- ✓ A touch-up session is recommended after 6-8 weeks to perfect the color and enhance the final result.
- ✓ Retention varies depending on skin type and lifestyle. On average, lip blush lasts 1-2 years, after which a color refresh is recommended.



# HEALING PROCESS FOR LIPS AFTER PERMANENT MAKEUP:

## 1. Days 1-2:

The lips appear swollen, bright, and more saturated than expected. There may be slight swelling, tightness, and mild redness.

## 2. Days 3-4:

The peeling process begins. The lips may become dry and scabs will form. Do not pick at the scabs to avoid damaging the pigment and disrupting the healing process.

## 3. Days 5-7:

The scabs begin to fall off, and the lip color will look much lighter. This is a normal phase, and the colour will gradually return over the next few weeks.

## 4. Weeks 2-4:

The colour continues to develop, becoming softer and more natural.

## 5. Weeks 6-8:

Complete healing of the lips. At this point, you can assess the final result and schedule a touch-up if necessary to refine the colour. Let me know if you have any questions.

LET ME KNOW IF YOU HAVE ANY QUESTIONS.



[nataliabeauty.pm](https://www.instagram.com/nataliabeauty.pm)



Natalia Bondarchuk



+1 343-202-7894

