

# AFTERCARE

LIPS

1. **WASH YOUR HANDS** before touching the tattoo.
2. **GENTLY ICE** your lips for a couple hours after the appointment. Put ice in a sealable bag, put a paper towel around it, and gently place on lips for up to 10 minutes on, then 10 minutes off, as needed.
3. **Clean your lips** with a damp paper towel to remove plasma/petroleum jelly.
4. **OPTIONAL: Apply a THIN layer of petroleum jelly\***. After cleaning your lips, allow them to dry before using a cotton swab to apply a thin layer of petrolatum/petroleum jelly. Blot excess with a paper towel. Repeat as necessary to **keep the area moist**, up to once an hour, for the first 2-4 days.
5. **DON'T BRUSH YOUR TEETH, FLOSS, OR USE MOUTHWASH** for 24-48 hours. If necessary use a damp toothbrush gently to clean your teeth without toothpaste.
6. **STAY AWAY FROM WATER.** Don't get your lips wet for 48 hours. You can use baby wipes or damp cotton pads to wash your face. **USE A STRAW** when drinking liquids. If you do get your lips wet, don't panic! Just pat dry and reapply the petroleum jelly.
7. **Don't submerge your face for 2 weeks:** avoid all bodies of water, including pools, spas, and hot tubs. Keep your face out of direct spray in the shower, and keep showers short for 1 week.
8. **After 2 days**, you can start using a gentle face wash\*\* 1-2 times a day, as needed.
9. **AVOID SOUR OR SPICY FOOD, ALCOHOL (especially red/white wine), and HOT LIQUIDS**, for 3-4 days.
10. **Avoid kissing or otherwise using your mouth** for 3-4 days.
11. **Don't pick or scratch** at the flaking/scabbing skin. Picking away at your healing tattoo can delay healing, cause fading, and increase the chances of infection.
12. **Keep applying petroleum jelly** whenever your lips feel itchy or dry, and before bed.
13. **STAY AWAY FROM THE SUN!** Avoid exposing your new tattoo to intense sunlight, especially in the first couple weeks, and don't apply sunscreen to the area until it has fully healed. Cover with a face mask or wear a hat for best protection outside.
14. **Avoid sweating** for 1-2 weeks. Stay away from heavy exercise, steam rooms, and saunas to keep the ink from being pushed out from the skin by sweat.
15. **Avoid lipstick/lip stains/lip gloss/chapstick** for 1-2 weeks. Use petroleum jelly instead.
16. **Avoid skin treatments, lasers, facials, peels, botox, fillers**, etc for 4 weeks.
17. **Remember** that the healing process can require a lot from your body. Take care to **drink lots of water**, eat well, and sleep well.
18. Continue to look after your tattoo. Once healed, keep your tattoo well protected from the sun with an SPF 30 or higher lip products, hats, or masks, and ensure you regularly moisturize the area. Healthy skin means a great-looking tattoo.

A V O I D

- WATER
- SUN
- SWEATING
- LIPSTICK
- FACIALS
- PICKING

If you notice ANY signs of infection or allergic reaction, such as a fever, the area feeling hot, new/worsening pain, excessive/worsening swelling and/or redness, worsening red itchy bumps, or foul smelling discharge, **CONTACT YOUR DOCTOR IMMEDIATELY.**

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“ *As everyone heals differently and can have a reaction to certain products or ingredients, it's important to use aftercare products that work well for you and your skin type.* ”

\* Petrolatum/Petroleum jelly is a triple-refined, inert, and safe ingredient in cosmetic products, and it works really well for the skin on lips. Ointment products are less beneficial for the type of skin on the lips.

\*\* Some good face washes include CeraVe Fragrance-Free Hydrating Facial Cleanser, Cetaphil Gentle Skin Cleanser, Vanicream Fragrance-Free Gentle Cleanser, Eucerin-Fragrance-Free-Hydrating-Cleansing Gel, or any other mild, unscented, liquid face wash. Avoid bar soaps as they can harbor bacteria. Avoid products containing alpha-hydroxy acids (AHAs), salicylic acid (SA), fragrances, lanolin, mineral oil such as vitamin A or D, parabens, phthalates, and drying alcohols such as ethanol, methanol, ethyl alcohol, isopropyl alcohol, denatured/specially denatured alcohol, and benzyl alcohol/benzoyl peroxide. Cetyl alcohol and cetearyl alcohol are good, non-drying alcohols that can be safely used on the tattoo.