



After Care for Cosmetic Tattooing – LIPS

This is your investment! Care for it well. After care is key to a great healed result

Day One: Firmly dab the area with dampened cotton pads and soap (you will be given a pack to get you started), this is most important in the first few hours, do it every 20 mins for the first few hours and then hourly for the rest of the day if need be. To re make the mixture, pump half a pump of any liquid hand soap into the zip lock bag with some water, close bag and shake and then soak some cotton pads in the mixture. Make sure to squeeze them out so they are only damp. This is to remove lymph (clear fluid that appears on a wound) as if this settles, it will cause excess scabbing. If you have slight swelling, your damp pads can be put in the fridge to help soothe the area. You can also take an antihistamine, arnica or pain relief if necessary. You can use ice them if you are careful not to get the area wet.

Day Two: Lips will be looking darker/more intense in colour as the pigment on the skin oxidises. You can continue with your damp pads before applying your balm. You can apply your first application of aftercare balm after 24hours. Only a tiny bit is needed (about a grain of rice per application) Do this only 3-4 times per day or as needed if feeling dry. Use a clean cotton tip or clean finger when applying balm. Any swelling should subside within 24 hours.

Day 3-10: Keep dabbing morning, lunch and night before applying balm and also after eating food. Hygiene is important. At day 2-3 the flaking will start (everyone is different), this is a normal part of the healing process, you will have to be gentle when applying the balm, dab/pat it on. The flaking will resemble wind burn, do not pick as this will pull pigment!! Apply aftercare balm until any flaking has stopped (usually 3-5 days)

AVOID:

- Getting your tattoo wet. Keep dry apart from the damp pads
- Sweating. Sweat will dilute the pigment in the skin. Saline tattoo removal is using salt and water to remove tattoo pigment, this is the same effect as sweating! This is not as important as brows.
- Hot baths, saunas, hot pools, swimming
- Sun tanning, it is so important to protect your tattoo as the sun will fade your tattoo faster than anything even once healed. Wear a lip balm with SPF once healed.
- Laser treatments or chemical peels, once healed the area should be avoided
- AHA and retinol creams/serums on the area, even once healed
- Smoking and excess alcohol can slow the healing process
- Vaseline and any other petroleum based products, if you run out of balm use kawakawa or coconut oil
- Makeup on the area until healed

Keep area clean, a clean pillow case is advised. If wearing makeup, carefully apply around the area and remove with face wipe.

What to expect: Lips are fast healing (around 3-5 days, 7 days maximum) Until healed, the colour will look stronger. It will then soften about 30/50%. Pigment will continue to intensify over the next few weeks, gradually darkening as it settles. Let the flaking come away naturally. Flaking will be different for each individual, dependant on the option chosen, skin type and aftercare. Please do not freak out if they start flaking later than what's stated. Use a straw when drinking and do not eat hot spicy foods during the first 24 hours as it is an open wound. You will also need to avoid eating messy foods e.g burgers. Eat food that can be easily popped into your mouth. Cold sores can appear from a lip tattoo, even if you are not prone it can trigger the virus from the trauma. If this does occur you will most likely need a touch up and anti viral tablets are recommended to be taken prior, these can be prescribed from your GP. In a lot of cases lip tint tattoo's will only need one session, but if you're wanting more of a lip stick effect or you'd like the colour to be a bit brighter, you may need a second session.

**If you have any irritation from the aftercare balm please stop using and contact me. Feel free to contact me if you have any concerns or questions.

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