



## 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. This is to remove lymph (clear fluid that appears on a wound) as if this settles, it will cause excess scabbing. 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. If you have slight swelling, your 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 in a ziplock bag if you are careful not to get the area wet. Apply healing balm in a few hours, no sooner. Apply as regularly as required.

**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 and after eating to keep area clean. Keep applying balm approx 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 onwards:** 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. The flaking will resemble wind burn, do not pick as this will pull pigment and possibly cause scarring!! Apply aftercare balm until any flaking has disappeared, usually 5 days but 7 days maximum. Once flaking has gone you can go back to your normal routine. Keeping them hydrated is essential before touch up session.

### AVOID:

- Getting your tattoo wet. Keep dry as best you can apart from using the pads. Drinking with a straw is advised
- Messy and spicy foods
- Heavy sweating for the first few days, light exercise is fine
- Hot baths, saunas, hot pools & swimming
- Sun tanning. It's important to protect your tattoo from the sun even once healed. When healed you can use a lip balm with SPF
- Laser treatments, chemical peels, AHA and retinol based products on the area, avoid area once healed also.
- Smoking and excess alcohol can slow the healing process
- Vaseline and other petroleum based products during healing. If you run out of balm you can use kawakawa or coconut oil
- Makeup on the area until healed. Carefully apply and remove around the area.

**What to expect:** Lips are fast healing (around 3-5 days, 7 days maximum) Initially the colour will look stronger, it will then soften about 30/50% once healed. Pigment will continue to intensify over the next few weeks, gradually darkening as it settles. Flaking will be different for each individual, dependant on the option chosen, skin condition and aftercare. 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 please treat it with something from the pharmacy e.g zovirax, you will most likely need a touch up in that area, anti viral tablets are recommended to be taken prior to touch up, 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. Refer to pre care instructions again before the touch up session. Dry lips are difficult to implant pigment into and this will effect your healed result.

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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