



# PRE-APPOINTMENT & AFTERCARE INSTRUCTIONS

# LIP BLUSH

## Pre-Appointment Instructions

- Exfoliate your lips 3 days in advance with a scrub or honey/sugar mix.
- Moisturize daily—Aquaphor is highly recommended.
- If you have EVER had a cold sore It is VERY important that you take an antiviral medication (such as Valtrex) 2 days before your appointment.
- We recommend everyone take L-Lysine starting 2 weeks before and continuing 2 weeks after to help prevent cold sore outbreaks.

# LIP BLUSH

## Aftercare Instructions

- Lips will feel dry and swollen. Apply ointment several times daily with a clean Q-tip for 14 days.
- If taking Valtrex for cold sores continue for 5 days post procedure.
- Lips may flake—do not pick.
- Avoid spicy, salty, oily foods and alcohol.
- Avoid sun, water pressure, and tanning until fully healed.
- Healing happens in 3 stages: too dark, too light, then “just right.”
- Final results appear in about 1 month. A touch-up may be needed after 45 days.