

# **Lip Blush: Healing Stages and Aftercare**

## **Healing Stages**

### **Day 1:**

Lips look bright and may feel swollen and tight.

### **Day 2:**

Lips appear much darker and may still feel swollen and dry.

### **Day 3-4:**

Scabbing begins. The color starts to fade. *Do not pick at the scabs.*

### **Day 5-6:**

Lips feel almost normal. Most scabbing is gone, but the color may look too light temporarily.

### **Day 7:**

Lips are nearly healed. Color looks much softer and lighter.

### **4-6 Weeks:**

Color has settled. Some unevenness or light areas are normal and can be adjusted at the touch-up appointment.

## **Aftercare Instructions**

### **DO:**

- Keep lips clean and dry, patting away any fluid which appears in the first hours using clean tissue or gauze.
- For swelling, apply an ice pack wrapped in a sterile barrier.
- Use a straw when drinking until lips begin to heal.
- Take an antiviral medication if you are prone to cold sores (consult your doctor if needed).
- Keep lips moisturized as directed.

### **AVOID:**

- Touching, rubbing, or picking at peeling skin – this can cause infection or pigment loss.
- Eating salty or spicy foods for the first few days to avoid discomfort.
- Swimming, soaking, steam rooms, or direct water contact until healed.
- Strenuous exercise or heavy sweating for about 5 days.
- Direct sunlight or tanning while the lips are healing.
- Applying cosmetics or serums to the lips for 2 weeks.
- Using fillers or chemical treatments until fully healed.

**Please contact your artist with any questions or concerns!**

**Enjoy your new lips!**