

# PRETTY IN INK

## After-Care for Lip Line and Full Lips

The "after care" procedures are as critical to retention of the pigment as the implantation process itself. During the healing process, you must allow the pigment to become sealed inside the dermis. Your compliance with these instructions will ensure the most desirable results, minimize the risk of infection and reduce the expense of otherwise unnecessary follow-up visits.

**Do not critique the outcome until three to four weeks after your final procedure.** The intensity of the procedure is most prominent following the procedure itself. Over the next 3-7 days, the outer layer of color will appear crusty and start to flake off. Exercise special care while the treated area is healing. Do not pick, scratch or rub the treated area or attempt to remove the epithelial crust. Otherwise, you may actually remove pigment and cause an infection. It is important that this protective "cover" stay on during the healing process (3-7 days). As the outer layer of the treated skin flakes off, you will notice that the color is lighter and softer, and the lips may appear to be slightly thinner than they did immediately after the procedure. After three weeks, your healing process should be complete.

- If needed, apply ice packs for 10 to 15 minutes each hour for the first 4-8 hours following the procedure. The ice should reduce swelling and alleviate any discomfort. After the first 24 hours, the use of ice is no longer beneficial. You may also take Tylenol.
- You may wash your face with a mild soap, but do your best to avoid "washing" the treated area. To cleanse the treated area, dip a clean Q-tip in cool water and gently dab the area. Do not use your fingers as they may have bacteria on them. Be careful when brushing your teeth or using mouthwash. **Do not rub the area in any way.**
- Apply A&D ointment (if you are not allergic to it) to the procedure area with a clean Q-tip for 24 hours after the procedure. (If you are averse to A&D and you are not allergic to petroleum jelly, you may also use vaseline.) Then, for the rest of the week, apply Vitamin E oil (preferably from the capsule) with a Q-tip. If using a capsule, be sure to open it with a clean pin or needle. Apply the A&D and then the vitamin E oil as frequently as necessary to keep the treatment area moist. This will maximize pigment retention and accelerate the healing process. **DO NOT LET THE TREATED AREA DRY OUT!**
- **If excessive redness, swelling or rash occurs - call me immediately.**
- Minimize sun exposure for at least two weeks after the procedure (and for the rest of your life if you want to age gracefully). I discourage swimming in fresh, salt or chlorinated water.
- Do not use any cosmetics on or near the treated area for one week.
- If you use Retin-A, do not place it close to the treated area.
- If you have any questions after you get home, please call me at (973) 214-0469.
- Any deviation from these recommendations will likely have a negative effect on the outcome of your procedure, and may even cause a complete loss of pigment.
- At the end of three weeks, healing should be complete. Please contact me if you believe you need a touch-up. Touch-ups performed within 3-6 weeks of the original procedure are complimentary. There may be an additional charge for any touch-ups performed beyond this time period.

**I have read the foregoing instructions. I understand and agree to follow the instructions.**

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(Client Signature)

Date: \_\_\_\_\_