



Machine Lip Tattoo
(liner, fill, or full lips)
Aftercare Instructions

Have the following ready to go before your appointment; you won't feel like shopping right afterward:

- If you have **ever** had or **even remotely suspect you may have had cold sores, canker sores, or fever blisters**, you are required to consult a medical professional at least two weeks before your appointment to request a prophylactic antiherpetic/antiviral medication, such as Acyclovir/Zorivax. Explain why you need it (because you're getting a lip tattoo procedure) and then follow your doctor's directions. I guarantee you that if you ever had even a single cold sore (assuming it was viral in nature), the lip tattoo procedure will reactivate the virus.
 - If you are 100% positive that you have never had cold sores, canker sores, or fever blisters, start taking the amino acid, **L-Lysine**, which is regularly available in the vitamin or "health foods" sections of grocery stores, **a week prior to your appt and for the first week of healing**.
 - Other over-the-counter helpful remedies to have on hand to apply **preventatively during your first week of healing**, found in stores like Target, Fred Meyers, Walgreens and Rite-Aid, are:
 - **Abreva (an antiviral)**
 - **Orajel Instant Pain Relief (helps with discomfort, but is not an antiviral like the Abreva)**
- If you have had **lip filler** within the past year, please ask your physician for **10mg of prednisone** to take the day of your lip tattoo, because the swelling from the tattoo interacting with the filler ingredients will be much, much more pronounced than otherwise
- **Neosporin Multi-Action Antibiotic + Pain + Itch + Scar ointment** (available from Fred Meyer's) **BRAND-NEW TUBE!!**
- **Banana Boat Sunscreen Lip Balm, SPF 45** (brand-new tube) & **Neutrogena Dry-Touch 40-70 SPF Sunscreen** (available from Fred Meyer's)
- Surgical masks to hide your very swollen lips (optional – I'll give you one at your appointment ☺)
- You may take **Melatonin OR Benadryl** (not both, please) an hour before your appointment to help you relax during the procedure
 - Melatonin is a natural sedative you can find at any drugstore or vitamin section of a grocery store
 - In addition to gentle sedation, Melatonin has natural anti-oxidant & anti-aging effects
 - Benadryl helps you relax and also reduces swelling after the tattoo process
 - **You must arrange a ride home if you choose to use Melatonin or Benadryl**
- A **brand-new tube of lipstick, preferably with SPF**, if you absolutely must use it (**for clients getting lip liner only**)
- **Q-Tip-type cotton swabs** set aside for just your tattoo (for careful cleaning of the area); do not use swabs from the "family container"
- **Couple boxes of chamomile tea bags** (for soaking & keeping wet in a baggie in the fridge – NOT FREEZER!)
 - You can wet the tea bags with water, squeeze it out, and then place them in a baggie in the fridge; they'll be there waiting for you, ready to go!
 - **Save about 2/3 of the tea bags** for soaking in hotter water, letting cool slightly, and using warm beginning on Day 3.
- **Bounty paper towel** for blotting; tissues tend to leave lint behind
- **Burt's Bees Facial Cleansing Towlettes, Normal Skin & Burt's Bees Sensitive Daily Moisturizing Cream** (available in the Health Foods section of Fred Meyer's) OR **Kroger brand REMOVE Calming, Makeup Removing & Cleansing Cloths and grapeseed oil** (Fred's)
- Bring to your appointment:
 - A **hat** that protects your tattoo from sunlight (even if it's cloudy out)
- Aftercare ointment (will be supplied at your appointment)
- La Bellissima Cleansing Foam (will be supplied at your appointment)

Do not touch your new tattoos directly other than cleaning or applying aftercare ointments or other approved products; you may infect them!

Immediately after your procedure:

1. Put on your hat (and, if you desire, your face mask 😊)

5 minutes after your procedure:

1. Using a new, clean paper towel (one is supplied at your first appt), begin blotting any lymphatic fluid seeping from your new tattoo
2. Continue blotting every 5 minutes for the first few hours and as needed for **Days 1-3**

30 minutes after the procedure:

1. First, wash your hands very well using **liquid soap**. Dry with a **paper towel**.
 - Note that bar soap and cloth towels are not hygienic.
2. Cleanse your new tattoo by wiping gently with a wet Q-Tip (just use regular water for now)
3. Place a wet (not sopping), cool (NOT FROZEN) chamomile tea bag on your lips to help soothe & reduce swelling, keeping it there for 10-30 minutes; pat dry with Bounty paper towel afterward
4. Apply a very thin layer of the aftercare ointment, using a new, clean Q-Tip

First 24 hours:

1. Be sure to continue taking your prescription antiviral medication or Abreva (after cleaning) if you start to feel “tingling,” and continue the L-Lysine as directed
2. Repeat cleansing with a clean, wet Q-Tip **every 3-4 hours that you are awake**
 - Remember to clean your hands first, rinse very well, and dry with a paper towel
3. Place a wet, cool (NOT FROZEN) chamomile tea bag on your lips to help soothe & reduce swelling, keeping it there for 10-30 minutes, no more than 3-4 times per day. **DON'T OVERDO IT!**
4. Smooth on **Abreva** (if you're not taking a prescription antiviral) and/or the **Neosporin Multi-Action Antibiotic**, using a clean Q-tip for application every time. Let these products dry.
5. Then apply a very thin layer of aftercare ointment I gave you with a new, clean Q-Tip
6. Place a clean pillowcase on your pillow for added protection (avoid light colors in case some pigment comes off your lips).
7. Plan sleeping with your head elevated on the first few nights

Days 2-7:

1. Be sure to continue taking your prescription antiviral medication or Abreva (after cleaning) if you start to feel “tingling,” and continue the L-Lysine as directed
2. Cleanse your lips with the **La Bellissima Cleanser Foam** in light, gentle circular motions **3-4 times per day**
 - a. Remember to clean your hands first!
 - b. Rinse with 10-12 splashes of plain water & pat dry with the **Bounty** paper towel
3. **Always apply a very thin layer of the aftercare ointment** with a new, clean Q-Tip after cleaning or soaking; it's crucial to keep the skin moist!
4. It is **normal for your lips to be crusty when you wake**, so rinse with warm water, clean, pat dry & apply aftercare ointments
5. On **Day 2**, continue to place wet, cold (NOT FROZEN) chamomile tea bags on your lips to help soothe & reduce swelling, keeping it there for 10-30 minutes every few hours
6. You may apply the **Neosporin Multi-Action Antibiotic** 1-2 times per day through **Day 3**
7. **Beginning on Day 3**, you may start placing a wet, **warm** (NOT HOT) chamomile tea bag on your lips to help soothe, keeping it there for 10-30 minutes several times a day or whenever you feel like it; pat dry with **Bounty** paper towel
8. **Limit showers to 5 minutes** so pores don't open, causing salt- and oil-containing sweat to disturb your new tattoo

THE FOUR ENEMIES OF TATTOO RETENTION

(1) **SALT** (found in sweat & salt water); (2) **UV RAYS** (found in daylight & tanning booths); (3) **EXFOLIATION** (found in anti-aging & anti-acne products); (4) **CHLORINE** (found in pools & Jacuzzis)

DO's & DON'Ts

- Don't take ibuprofen (Advil), Aleve, aspirin, fish oil, niacin, or Vitamins A or E for **48 hours**
 - These are all blood thinners that could make you bruise or bleed even after your appointment
 - You may take acetaminophen (Tylenol) for any pain
- Drink with a straw at first & choose foods that you can place in your mouth with a fork without touching your lips; **"eat like a princess"** 😊
- **Avoid puckering** while drinking with a straw or smoking (if you must smoke); **bite** on the straw, cigarette, vape pen
Avoid spicy or citrus foods
- Try to keep **toothpaste** off lips while healing
- **Do not have teeth bleached** and, if possible, **avoid dental work** until after **Week 3**
- **No kissing for 2 weeks!** (spreads germs – and you already have plenty of those in your own mouth 😊)
- **No big smiles** or other stretching of the lips for **2 Weeks**
- **Blot** any oozing with **Bounty paper towel**; oozing lasts **until Day 3**
- After the lips have healed, they may still feel dry & chapped. **Do not** use Carmex or other non-antiviral cold sore ointments at this point, because they tend to dry the lips. You can begin using the **Banana Boat Sunscreen Lip Balm, SPF 45** after **7-10 days**, depending on how your lips feel.
- **Don't sleep on your face** for **1 month**
- **Do sleep** with your **head elevated** on the **first few nights** to reduce swelling
- Don't put your face in the **direct line of the shower spray** for **2 weeks**
- **Don't apply** Vaseline, white petroleum, A & D ointments, coconut oil, Vitamin E, aloe vera, or **anything** other than the products recommended in these aftercare instructions
- **Don't** exercise, use a sauna, or engage in any other activities that will cause you to **sweat** for the next **2 weeks**
 - Exercise heats the body, opening the pores and making you sweat; sweat contains oil & salt, which bleaches out pigment & disrupts the tattoo
- **Don't expose your lips to daylight or UV rays** for **2 months**
 - Sunlight bleaches out pigment
 - Do wear hats for the first **7-10 days**
- Don't apply makeup, lip liner, or creams of any kind (other than what is listed in these instructions) to your lips for **2 weeks**. If you have had **lip liner only**, then, if absolutely necessary, you may apply a **new, unopened tube of lipstick** after Week 1 just in the **center** of your lips. If it has SPF in it, all the better.
- After the first **7 days**:
 - In the morning, do **gently** cleanse your lips with the **La Bellissima Cleansing Foam, Burt's Bees Facial Cleansing Towlettes, or Kroger brand REMOVE Calming, Makeup Removing & Cleansing Cloths**
 - Apply the **Neutrogena Dry-Touch** afterward; use it as a moisturizer and makeup primer for your entire face, applying it or the **Banana Boat Sunscreen Lip Balm** very gently on the lips
 - In the evening, again, **gently** cleanse your lips with the **La Bellissima Cleansing Foam, Burt's Bees Facial Cleansing Towlettes, or Kroger brand REMOVE Calming, Makeup Removing & Cleansing Cloths**; moisturize the lips with **Burt's Bees Sensitive Daily Moisturizing Cream** or **grapeseed oil** (you can use both on your entire face, but keep it light from cheekbones down). It's unlikely that any canker sore reaction will continue into the second week, but if it does, continue with Week 1 protocols.
 - If you prefer anti-aging or anti-acne cleansing & moisturizing products, you can use those from your **cheekbones, up**. Keep such products away from your tattoo for as long as you'd like your tattoo to last
- Don't apply anti-aging or anti-acne treatments, scrubs, or abrasive creams **near your lips** for **2 months**
 - This includes cleansers & moisturizers labeled as "anti-aging" or "anti-acne"
 - It also includes prescription & nonprescription Retin-A, chemical peels like Alpha Hydroxy Acids (AHA) and other acids, and the use of ClariSonic brushes, abrasive scrubs and creams
 - Do not apply these anti-aging/anti-acne treatments **directly on the lips EVER**
- Don't submerge your face in chlorinated pools or Jacuzzis or salt water for **1 month**
 - After the first month, **do apply a thick coat of Vaseline on your lips** for swimming, but as soon as you're out of the water, wipe off the Vaseline and apply sunscreen or an SPF-containing lip balm
- Don't submerge in fresh water lakes, ponds, or streams for **1 month**; these contain dangerous microorganisms

WHAT TO EXPECT DURING THE HEALING PROCESS:

Immediately after the procedure, the effect will be quite intense, dark, and thick. Over the course of 2-4 weeks, the color will fade by up to 60%, and the color & shape will be closer to what you desired.

1-3 days after the procedure, you'll be in the acute healing stage. You may have blanching from the anesthetic, swelling, redness, skin sensitivity, minor bruising and/or minor to major discomfort. Note that **lips can swell up to four times** their normal size. **Oozing lasts until Day 3**. These are all normal side effects. You may take Tylenol (acetaminophen), but avoid aspirin, Advil (ibuprofen), or Aleve. The pain should be minimal after the first 24 hours. **Discontinue use of the Neosporin after Day 3.**

If you begin to have discomfort on Day 3 or 4 after being pain free, it is a sign that something is wrong. This could be a sign of:

1. Allergic reaction to one of the ointments you are using. Discontinue all ointments and switch to grapeseed oil
2. Allergic reaction to one of the cleansers; switch to plain water (warm after Day 3)
3. Cold sore that you haven't anticipated and prepared for (**contact your physician if you can't control with Abreva**)
4. Bacterial or yeast infection (**contact your physician ASAP for a culture and advice**)
 - a. **Infections** are usually described as **burning pain**
 - b. **Bacterial infections** usually involve a **yellow, gooey discharge**, but begin peeling as expected on Day 3
 - c. **Yeast (Candida) infections** do **not begin peeling on time** and may even have a velvety appearance; there may be **cracks and bleeding near the corners; itching or tingling, whitish bumps/ nodules/ blisters/ pustules** – more likely **along the edges** of the lips. Fungi concentration is more prominent on the periphery of healing lips where they do the most damage, causing blisters, scarring, or tightness. The tightness may relax in time but can take months to years.

To reduce swelling, apply wet, cold chamomile tea bags for 10-30 minutes as directed, applying aftercare ointments I provide immediately afterward. Remember to sleep with your head elevated.

4-7 days after the procedure, the **oozing should have stopped**, but the top layer of the skin will start to become flaky and itchy and may start peeling off. **Do your best to avoid picking or scratching. Don't even "help" a flake or scab that is hanging by a thread.** Apply a cold or warm (whichever helps most) tea bag, compress, or washcloth, and/or apply a very thin coat of the aftercare ointment I gave you to address any itching or chapped feeling by rubbing lightly in circles. This will relieve the chapped feeling for a few hours. Let your new tattoo heal naturally.

8-10 days after the procedure, **scabbing and shedding** may occur. You may still have the urge to scratch the area; refrain from doing this because there is a chance the pigments can fall out. If needed, continue to calm the area with a cold or warm (whichever helps most) tea bag, compress, or washcloth and ointments. **The outer edges or lip liner will be the last to peel off.**

10-14 days after the procedure, the initial "intense" color will have faded and a light version of the desired color shade will start appearing. Please note that it is normal for the color to disappear completely – and then come back. Be patient!

4-8 weeks after the procedure, it will be time for your touch-up appointment, which we'll schedule at the time of your initial service. There is a small nonrefundable deposit & separate (small) fee for this.

1-3 years (or more) afterwards, you may need a Color Boost. Please schedule this at least one month in advance. The price is determined by how much work you need done, which in turn is determined by factors such as your skin type (oily skin, for example, tends to fade fastest) and your aftercare, especially sun exposure, anti-aging treatments, and exposure to chlorine and salt water.

Never hesitate to contact me via text at **503-706-8641** if you have ANY questions or concerns. Keep in mind that my phone is always on silent and I am often up late. Either way, you won't disturb me! I'm always here for you! Thank you for trusting me with your new look!

Martha