

Your Healing Journey

First 24–48 Hours

Your lips will feel swollen, tender, and the color will appear very bold and bright. This is completely normal. Unexpected discharge, worsening redness, increasing pain, warmth, or other signs of a possible infection are not considered routine healing. Contact a licensed healthcare provider promptly for evaluation

- ✓ Keep the treated area clean and moisturized at all times
- ✓ Apply a thin layer of the provided or recommended fragrance-free lip balm whenever the treated lips feel dry. Reapply as needed throughout the day. If an applicator is needed, use a fresh, single-use, lint-free applicator for each application. Do not share the balm with anyone.
- ✓ Drink all liquids through a straw for the first 3 days.
- ✓ Avoid spicy, salty, and acidic foods for 48 hours.

Days 3–7: The Peeling Phase

Your lips will feel dry, tight, and begin to flake or peel. The color underneath may look incredibly light or completely gone (the "ghosting" phase).

- ✓ Keep your lips constantly moisturized with the provided ointment. Never let them dry out.
- ⚠ **Do not pick, peel, or rub** the flaking skin. Let it fall off naturally.
- ✓ Avoid kissing or friction on the lips for 5 days.

Ongoing Healing (Weeks 2–6): The Blooming Phase

The color will slowly begin to return and "bloom" back to the surface, settling into a soft, natural tint.

- ✓ You can resume your normal makeup routine once all flaking has stopped.
- ✓ Protect the area with SPF once fully healed.
- ✓ Schedule your touch-up appointment for 6 to 8 weeks post-treatment.

What to Avoid (First 14 Days)

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| ⚠ Spicy, salty, or acidic foods for 48 hours | ⚠ Swimming, saunas, and excessive sweating |
| ⚠ Drinking without a straw for 3 days | ⚠ Direct sun exposure and tanning beds |
| ⚠ Kissing or lip friction for 5 days | ⚠ If prescribed antiviral medication, take as directed |

What Is Commonly Normal

- ✓ Swollen, tender, bold color in the first 1–3 days
- ✓ Dry, tight, peeling skin during days 3–7
- ✓ Color appearing to vanish during the ghosting phase
- ✓ Gradual color return over weeks 2–6

What Is Commonly Normal

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Contact Your Technician

Contact your technician if you have questions about your normal healing progress, pigment or color changes, flaking or peeling, aftercare instructions, whether the appearance of your lips is typical for the stage of healing, or your scheduled touch-up. If you are unsure about something you are seeing during the healing process, contact your technician for guidance.

When to Seek Medical Care

Permanent makeup aftercare questions and medical concerns are not the same thing. Your technician can help with normal healing and cosmetic questions, but possible medical complications should be evaluated by an appropriate healthcare professional.

Seek prompt medical advice if you experience:

- ⚠ Severe or worsening pain
- ⚠ Significant or increasing swelling
- ⚠ Redness that is spreading or becoming progressively worse
- ⚠ Unusual warmth around the treated area
- ⚠ Pus-like or unusual drainage
- ⚠ Fever or feeling significantly unwell
- ⚠ Symptoms of an allergic reaction
- ⚠ Any symptom that feels severe, rapidly worsens, or causes significant concern

For severe symptoms, difficulty breathing, or signs of a serious allergic reaction, **seek urgent medical care or emergency assistance.**

Healing Timeline

- ✓ **Days 1–2:** Swollen, bold, tender
- ✓ **Days 3–7:** Dry, peeling, ghosting phase
- ✓ **Weeks 2–4:** Color slowly returns
- ✓ **Weeks 4–6:** Final healed color
- ✓ **Weeks 6–8:** Touch-up appointment