

How to Prep for a Cosmetic Lip Tattoo and what to expect

On the day, before you arrive;

- avoid caffeine including tea and coffee**
- avoid high sugars and stimulants**
- wash your hair on the morning of, it makes the next few days easier**
- come in with no makeup on, unless you want to show us how you draw your Lips with lip pen**
- come in well refreshed (eaten, had enough water)**
- bring your favourite lip products with you (ones that you wear on the daily, and ones that you bring**

For 24 hours before hand;

- avoid alcohol**
- avoid caffeine including tea and coffee**
- drink lots of water**
- get lots of sleep as this helps with pain management**
- if you suffer from cold sores and don't prep with the prescription anti viral medication from your Dr, you can speak to your pharmacist about taking Famvir over the counter anti virals (it's a 3 pack where you take 1 the day before, 1 the day of and 1 the day after your tattoo), some clients like to have a spare pack in their handbag in case they get an outbreak a few days after tattooing**

For 7 days before hand;

- avoid fake tan (especially on the face, but also on body parts so we can see your natural skin colouring and how you tan)**
- stop taking fish oils (however, do not stop taking medications without the advice of a health professional)**
- stop taking blood thinners including pre work outs (again, do not stop taking medications without the advice of a health professional)**

***-stop taking any gym pre work out
-if you suffer from cold sores severely, this is normally where you would start your anti viral prescription (speak to your health care professional as to whether this is appropriate for you)***

For 14 days before hand;

-no muscle relaxants (Botox or Dysport) or any dermal fillers for 2 weeks either side of your tattoo (in the area you are having tattooed)

For 30 days before hand;

-stop topical retinol use (Vitamin A based skincare) especially on and around the Lip area

-avoid any facial treatments to the area

-avoid any sun and wind exposure to the face, especially do not let the Lips and the skin around them get burnt and chapped

-it's time to start protecting your lips from the environment such as wind and sun so they are not chapped/ burnt when you come for your appointment

-it's time to start moisturising your lips using our Dermaiduals lip balm every day (if possible, even under/over lipstick if you are a regular lippy wearer) and every night

-if you suffer from cold sores and are highly prone to them, we recommend prepping with remedies such as Lysine (speak to your pharmacist about this), we also can help with gut health support so please reach out to us via email so we can assist

As soon as you have booked your appointment;

-it's stalking time(!), scroll through our Instagram feed, check out photos, screenshot photos you do like, screenshot photos you don't like and save them in a folder

- start thinking about what colours you like, screenshot colour tones you do and don't like and save them in your lip inspo folder***
- start making a list of improvements you would like to make to your Lips, and bring these with you***
- arrange your schedule to accommodate for the 7days healing period***
- make sure you have read through our entire website, there is a lot of information on here***
- arrange your schedule to accommodate for the 7days healing period***

Things you need to know about the healing period after your Cosmetic Lip Tattoo;

Day 0 (your Initial tattoo day)

Immediately after the procedure, the lips are swollen and bruised. The colour looks extremely intense/ dark/ bright (depending on the hue chosen). The lips are weepy and may get tender once the numbing wears off. We highly recommend booking our LED session immediately after your tattoo to help the swelling reduce and heal the skin quicker.

Day 0 - Day 1

The lips are still swollen, bruised and tender. They begin to feel tight.

Day 2 - Day 5

The lip skin feels extremely tight as a scab has built up. The lips are chapping off.

Day 5 - Day 7

The lips are finishing their chapping stage and all scabs are off. They feel dry.

Day 7

Your lips should look pretty normal now, and quite light/dull in colour. It almost may look like you haven't had anything done. This is all normal. They are likely to be feeling dry.

Day 7 - Day 42

The colour is slowly reblooming. Each week you will likely notice more colour starting to bounce back and the lips will start to feel normal and not dry again.

Day 42 - Day 56 (6-8 weeks after your Initial tattoo)

It's time to come back for your Refinement. It is also Judgement Day! Start making a list of improvements you would like to make to your Lips, and bring these with you