

Lip Blush Tattoo Treatments

Following the below Pre-Procedural Rules is vital when commencing any cosmetic tattoo treatment. If you do not adhere to these rules, you will not receive the best possible healed results, risk implications, treatments being canceled, or additional costs incurred if you require further touch ups.

IMPORTANT: NUMBERING INSTRUCTIONS

In accordance with QLD government regulations, clients are required to purchase and bring their own numbing cream to their appointment.

Once your treatment is booked, you will receive detailed instructions via email outlining exactly what to purchase and how to apply it prior to your appointment.

HAVE YOU EVER HAD A COLD SORE?

If you suffer from cold sores, you must follow this protocol before your treatment. Lip tattooing can trigger an outbreak, and if this happens during healing it may remove pigment from the treated area.

To reduce the risk:

Cold sores less than once a year: Take Famciclovir (3 tablets – one the day before, one on the day, one the day after). Available without a script.

Cold sores more than once a year: Ask your GP for a prescription of Valtrex. Take it a few days before and after your appointment for stronger protection.

HYDRATED LIPS IS A MUST

Your lips must be smooth and hydrated before your appointment. If your lips are dry or cracked, the pigment will not implant or hold properly.

How to prep:

Drink 2–3L of water daily in the days leading up to your appointment.

Apply a nourishing lip balm every day.

If very dry, switch to Bepanthen Cream for extra hydration. Gently exfoliate with a lip scrub to remove any flaky skin. A daily Berocca in the week before can also help improve hydration.

YOUR COLOUR YOUR CHOICE

Want to colour match? Bring your favourite lipstick or lip liner to your appointment. Also, saving photos of our work is a great idea to help convey the look you're after. Unsure what you want? This is what I specialise in! I will assess your skin tone, discuss the look you're after & choose a colour for you.



Preparing For Your Appointment

4 WEEKS PRIOR

- **NO** chemical peels or invasive facial treatments.
- **NO** Doxycycline, Tetracycline (can cause sunlight photosensitivity).
- **NO** Lip filler for at least 4 weeks before tattooing.

2 WEEKS PRIOR

- **NO** heavy sun exposure to the face/lips - sunburnt face/lips will increase blood flow & will in turn increase bleeding during your treatment which will cause the cosmetic tattoo to not retain well.
- **NO** solarium tanning.
- **NO** lip plumping products/serums.

7 DAYS PRIOR

Please contact your GP before ceasing the use of any medications to discuss.

- **NO** fish oil supplements or Vitamin E.
- **NO** blood thinners (let us know if you are on any medications you are unsure about). **NO** facials/peels (your skin needs to be in a 'normal state').
- **NO** facial waxing around lips.
- **NO** Retin A/Retinol Creams (drug, topical or oral).

24 HOURS PRIOR

To ensure the best results, please avoid the following in the 24 hours prior to your treatment:

- **NO** Exercise
- **NO** Alcohol or drugs - these increase bleeding and will affect healed results
- **NO** Caffeine (coffee, tea, energy drinks, pre-workout stimulants) This can cause a lot more sensitivity! Aspirin, Ibuprofen or any blood-thinning medications
- Please also make sure your face is clean and free of fake tan.
- If you develop pimples, cold sores or sores in the treatment area, you must notify Unique Blendz immediately. Your appointment will need to be postponed until the area has healed.

IMPORTANT! WE DO NOT PERFORM THE TREATMENT IF;

For your safety, we do not perform cosmetic tattooing if any of the following apply:

- You are pregnant
- You are currently undergoing IVF treatment
- You have cancer or are receiving chemotherapy
- You have epilepsy
- You are taking skin medications such as Roaccutane (must stop using for a minimum of 6-18 months) You are taking antibiotics (please email us if you are, so we can research the medication)
- If you are breastfeeding, you will need to:

Pump & discard ("pump & dump") for 2 full cycles after the procedure, and Provide a GP approval letter to bring to your appointment.

If you are on any medications or unsure whether this applies to you, please contact us before your appointment for clarification.

Aftercare Information

At your appointment, you will receive a complimentary aftercare kit, thoughtfully curated with the essential products required to support optimal healing and long-term results for your brows.

The healing time for the lips is approximately **5 days**.

Do's



DAY 1-5:

- Apply aftercare cream 3-4 times a day with a cotton tip for days 1-5 to keep your lips moisturised.
- Drink through a straw for the first 5 days so bottles do not knock your lips.
- Eat all food using a knife & fork to ensure lips are clean.
- Wait 6 weeks for complete healing to see the final results.
- When brushing your teeth, dab lips with a clean dry tissue to remove excess water.

Dont's



- Refrain from eating spicy foods for the first 2 days.
- No kissing for 5 days.
- Do not pick scabs or flakes.
- Avoid wetting lips for 5 days.
- Avoid very hot showers, steams, hot tubs & saunas for 5 days.
- Do not use any active ingredients on lips for 30 days.
- Do not sweat for 5 days (salt from sweat deteriorates the pigment).
- Avoid sun exposure for 7 days.



Healing Emotions

DAY 1

Right after the procedure my lips will feel a little swollen and tight and a lot brighter in colour

DAY 2

My lips are much darker and still feel swollen & dry but I don't feel pain. Healing cream helps!

DAY 3-4

The skin is flaking and scabbing and the colour has faded substantially.

DAY 5

My lips feel almost normal. The flaking is almost gone.

DAY 6

My lips have completely healed but the colour is much lighter than after the procedure.

WEEK 6

The colour has come back nicely. There are some uneven spots. Time for a touch up.

